



Strawberry Soup (Sopa de Fresa)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup heavy cream
- ☐ 0.5 juice of lime
- ☐ 0.3 cup strawberries fresh thinly sliced
- ☐ 0.3 cup sugar or to taste
- ☐ 0.3 cup condensed milk sweetened
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1.5 cups water cold

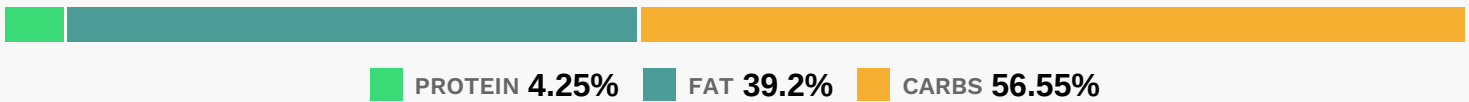
Equipment

- ☐ bowl
- ☐ blender

Directions

☐ Place all the ingredients in a blender, except the sliced strawberries, heavy cream and sweetened condensed milk. Blend until the mixture is smooth. In a small bowl mix the heavy cream and condensed milk. Set aside. Spoon the soup into serving bowls, add some of the sliced strawberries and garnish with 3 tablespoons of the cream mixture or more if you like.

Nutrition Facts



Properties

Glycemic Index:29.35, Glycemic Load:12.17, Inflammation Score:-2, Nutrition Score:2.0904347909533%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.99mg, Pelargonidin: 1.99mg, Pelargonidin: 1.99mg, Pelargonidin: 1.99mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 132.53kcal (6.63%), Fat: 5.94g (9.15%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 19.08g (6.94%), Sugar: 18.87g (20.96%), Cholesterol: 19.28mg (6.43%), Sodium: 22.98mg (1%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 1.45g (2.9%), Vitamin C: 5.87mg (7.11%), Calcium: 49.31mg (4.93%), Vitamin B2: 0.08mg (4.84%), Vitamin A: 230.87IU (4.62%), Phosphorus: 42.26mg (4.23%), Selenium: 2.39µg (3.41%), Manganese: 0.05mg (2.38%), Potassium: 75.86mg (2.17%), Vitamin D: 0.24µg (1.58%), Magnesium:

6.14mg (1.54%), Vitamin B5: 0.14mg (1.43%), Vitamin B12: 0.08µg (1.29%), Zinc: 0.17mg (1.16%), Vitamin E: 0.17mg (1.15%), Vitamin B1: 0.02mg (1.11%), Folate: 4.11µg (1.03%)