



Three Fruit Soup



Vegetarian



Vegan



Dairy Free

READY IN



600 min.

SERVINGS



6

CALORIES



185 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup barley
- 1 cup cherries pitted
- 0.5 cup splenda® no calorie sweetener
- 0.5 cup raisins
- 10 ounce raspberries frozen
- 6 cups water

Equipment

- bowl

sauce pan

Directions

- In a large bowl, soak the barley in the water overnight; do not drain.
- In a large saucepan over low heat, simmer the barley for one hour. Then add SPLENDA® Granulated Sweetener, raspberries and raisins and simmer for another 30 minutes.
- Add cherries and simmer for another 15 minutes, or until the soup becomes relatively thick. Allow to chill in the refrigerator and serve cold.

Nutrition Facts

 PROTEIN **6.06%**  FAT **3.47%**  CARBS **90.47%**

Properties

Glycemic Index:32.13, Glycemic Load:17.16, Inflammation Score:-3, Nutrition Score:7.7152174115181%

Flavonoids

Cyanidin: 28.57mg, Cyanidin: 28.57mg, Cyanidin: 28.57mg, Cyanidin: 28.57mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.53mg, Pelargonidin: 0.53mg, Pelargonidin: 0.53mg, Pelargonidin: 0.53mg Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 185.11kcal (9.26%), Fat: 0.77g (1.19%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 45.25g (15.08%), Net Carbohydrates: 38.22g (13.9%), Sugar: 18.54g (20.6%), Cholesterol: 0mg (0%), Sodium: 17.53mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Manganese: 0.66mg (33.14%), Fiber: 7.03g (28.11%), Vitamin C: 14.64mg (17.75%), Copper: 0.21mg (10.35%), Magnesium: 39.31mg (9.83%), Vitamin B1: 0.13mg (8.93%), Selenium: 5.95µg (8.5%), Potassium: 292.07mg (8.34%), Iron: 1.27mg (7.08%), Phosphorus: 68.07mg (6.81%), Vitamin B3: 1.16mg (5.79%), Vitamin B6: 0.11mg (5.44%), Vitamin B2: 0.09mg (5.37%), Zinc: 0.68mg (4.56%), Vitamin K: 4.51µg (4.29%), Folate: 14.12µg (3.53%), Vitamin E: 0.51mg (3.43%), Calcium: 30.34mg (3.03%), Vitamin

B5: 0.25mg (2.5%)