



Tomato-Watermelon Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



100 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons almonds unsalted
- ☐ 1 tablespoon olives black pitted chopped
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 2 teaspoons mint leaves fresh
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 2 cups watermelon cubed (a 2 1/2-pound piece)
- ☐ 0.5 shallots quartered

- ☐ 1 tablespoon sherry vinegar
- ☐ 0.5 pound tomatoes quartered

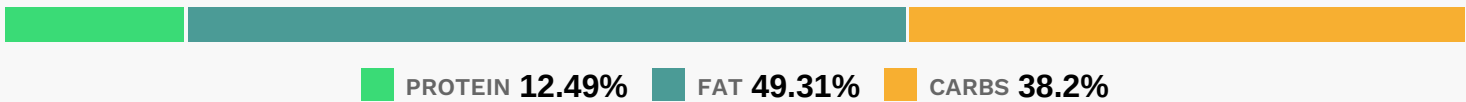
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Blend watermelon, tomatoes, almonds, shallot, lemon juice, vinegar and oil in a food processor until smooth. Divide soup among 4 bowls and top with feta, olives and mint.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:44.92, Glycemic Load:4.9, Inflammation Score:-7, Nutrition Score:6.7591304150612%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 100.04kcal (5%), Fat: 5.87g (9.03%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 8.44g (3.07%), Sugar: 6.77g (7.52%), Cholesterol: 7.57mg (2.52%), Sodium: 132.49mg (5.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.69%), Vitamin A: 951IU (19.02%), Vitamin C: 15.66mg (18.98%), Vitamin E: 1.87mg (12.44%), Manganese: 0.22mg (11.1%), Vitamin B2: 0.16mg (9.23%), Potassium: 278.31mg (7.95%), Phosphorus: 77.25mg (7.73%), Magnesium: 30.24mg (7.56%), Fiber: 1.79g (7.16%), Calcium: 69.12mg (6.91%), Vitamin B6: 0.14mg (6.78%), Copper: 0.13mg (6.29%), Vitamin K: 5.36µg (5.11%), Vitamin B1: 0.07mg

(4.84%), Folate: 17.63µg (4.41%), Zinc: 0.59mg (3.93%), Vitamin B3: 0.75mg (3.76%), Iron: 0.65mg (3.62%), Vitamin B5: 0.34mg (3.39%), Selenium: 1.84µg (2.63%), Vitamin B12: 0.14µg (2.39%)