



Triple Orange Dessert Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



135 min.

SERVINGS



4

CALORIES



232 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



2 ruby grapefruits red



1 cup muscat



3 valencia oranges



1 pinch gray salt



0.3 cup sugar



3 tangerines

Equipment



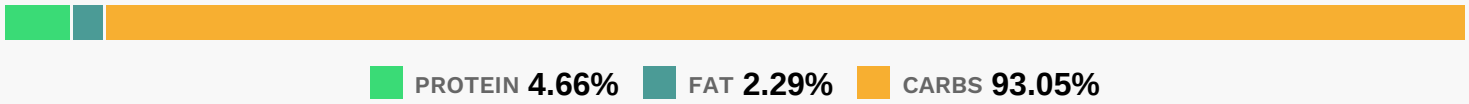
bowl

☐ knife

Directions

- ☐ Cut ends from all of the fruit, and then cut off the skin and bitter white pith with a paring knife.
- ☐ Cut the citrus segments out from the membrane and carefully put the segments in a shallow bowl, taking care to keep them whole. Squeeze the leftover peels and membranes over another bowl to get out any remaining juice.
- ☐ Gently stir sugar and salt into juice, pour over fruit, and divide into soup plates. Cover and refrigerate until chilled, about 1 to 2 hours.
- ☐ To serve, pour 1/4 cup Muscat over each serving.

Nutrition Facts



Properties

Glycemic Index:44.9, Glycemic Load:18.75, Inflammation Score:-9, Nutrition Score:11.705652060716%

Flavonoids

Hesperetin: 32.46mg, Hesperetin: 32.46mg, Hesperetin: 32.46mg, Hesperetin: 32.46mg Naringenin: 63.44mg, Naringenin: 63.44mg, Naringenin: 63.44mg, Naringenin: 63.44mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 231.54kcal (11.58%), Fat: 0.54g (0.83%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 49.61g (16.54%), Net Carbohydrates: 44.02g (16.01%), Sugar: 37.48g (41.64%), Cholesterol: 0mg (0%), Sodium: 11.13mg (0.48%), Alcohol: 5.2g (100%), Alcohol %: 1.81% (100%), Protein: 2.49g (4.97%), Vitamin C: 109.83mg (133.12%), Vitamin A: 2142.52IU (42.85%), Fiber: 5.59g (22.38%), Folate: 56.67µg (14.17%), Potassium: 460.44mg (13.16%), Vitamin B1: 0.18mg (11.92%), Calcium: 92.01mg (9.2%), Vitamin B6: 0.18mg (8.91%), Magnesium: 29.27mg (7.32%), Vitamin B5: 0.72mg (7.24%), Vitamin B2: 0.11mg (6.18%), Copper: 0.11mg (5.69%), Phosphorus: 49.99mg (5%), Manganese: 0.08mg (3.95%), Vitamin B3: 0.79mg (3.93%), Vitamin E: 0.48mg (3.17%), Iron: 0.31mg (1.7%), Zinc: 0.21mg (1.37%), Selenium: 0.76µg (1.09%)