



## Tropical Fruit Soup



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 8 peppercorns black
- ☐ 1 cinnamon sticks (2 in.)
- ☐ 1 large egg white
- ☐ 1 pint tropical fruit sorbet
- ☐ 2 cups fruit (see notes)
- ☐ 4 quarter-size ginger fresh peeled thin
- ☐ 2 oz lemon grass fresh
- ☐ 4 servings mint sprigs rinsed

- ☐ 1.5 tablespoons orange peel    grated
- ☐ 1 tablespoon rum
- ☐ 1 star anise
- ☐ 1 cup sugar
- ☐ 0.5 cup coconut or    dried shredded unsweetened
- ☐ 1 piece vanilla pod (2 in.)

## Equipment

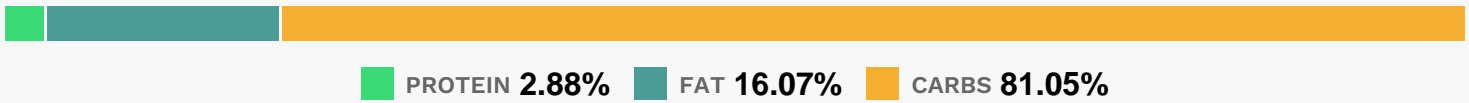
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ spatula
- ☐ rolling pin

## Directions

- ☐ Put cinnamon, star anise, cloves, and peppercorns in a heavy plastic food bag; coarsely crush with a rolling pin.
- ☐ Trim and discard root ends and coarse outer leaves from lemon grass. Chop tender white part of stalks.
- ☐ In a 1- to 1 1/2-quart pan over high heat, combine 2 cups water, crushed spices, lemon grass, 2/3 cup sugar, orange peel, and ginger. Slit vanilla bean lengthwise; scrape seeds into pan and add pod. Bring to a boil, remove from heat, cover, and let stand at least 1 hour.
- ☐ Pour spice syrup through a fine strainer into a bowl; discard residue.
- ☐ Add rum, cover, and chill until cold, at least 2 hours or up to 2 days.
- ☐ Meanwhile, in a bowl with a mixer on high speed, whip egg white until it holds soft peaks. Gradually add remaining 1/3 cup sugar, and continue to beat until white holds distinct peaks. Fold in coconut.

- ☐
- Line a 12– by 15–inch baking sheet with cooking paper or parchment. With a narrow spatula, spread egg white mixture in a 10– by 13–inch rectangle.
- ☐
- Bake in a 350 oven until meringue is deep golden brown, about 10 minutes.
- ☐
- Let cool on sheet to room temperature. Gently pull off paper, then break meringue into 4 or 8 equal pieces.
- ☐
- Spoon fruit equally into wide soup bowls and fill equally with spice syrup. Scoop sorbet into balls and add equally to bowls; insert meringue pieces into sorbet, and garnish with mint sprigs.

## Nutrition Facts



## Properties

Glycemic Index:35.52, Glycemic Load:35.11, Inflammation Score:-6, Nutrition Score:10.450434684429%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

## Nutrients (% of daily need)

Calories: 446.11kcal (22.31%), Fat: 8.29g (12.76%), Saturated Fat: 6.72g (41.98%), Carbohydrates: 94.11g (31.37%), Net Carbohydrates: 87.42g (31.79%), Sugar: 77.59g (86.21%), Cholesterol: 0mg (0%), Sodium: 32.68mg (1.42%), Alcohol: 1.25g (100%), Alcohol %: 0.47% (100%), Protein: 3.34g (6.69%), Manganese: 1.34mg (66.95%), Fiber: 6.69g (26.78%), Copper: 0.34mg (17.16%), Vitamin A: 772.35IU (15.45%), Iron: 2.61mg (14.48%), Potassium: 440.42mg (12.58%), Vitamin C: 9.57mg (11.6%), Vitamin K: 11.53µg (10.99%), Magnesium: 37.31mg (9.33%), Vitamin B2: 0.14mg (8.35%), Phosphorus: 73.63mg (7.36%), Vitamin B3: 1.27mg (6.37%), Selenium: 4.32µg (6.17%), Zinc: 0.84mg (5.63%), Vitamin B6: 0.1mg (5.23%), Folate: 19.44µg (4.86%), Calcium: 43.59mg (4.36%), Vitamin B1: 0.05mg (3.45%), Vitamin B5: 0.25mg (2.49%)