



## Winter Plum Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



164 kcal

SOUP

### Ingredients

- 2 cups wine dry red
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1 tablespoon honey
- 0.5 teaspoon lemon zest grated
- 6 tablespoons vanilla yogurt low-fat
- 32 ounce plums light undrained canned
- 0.3 cup frangelico orange-flavored

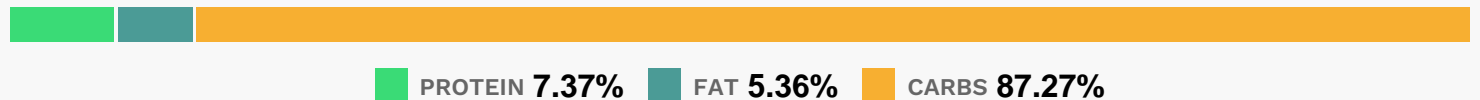
## Equipment

- bowl
- sauce pan
- sieve
- blender

## Directions

- Strain plums through a sieve over a bowl, reserving juice.
- Cut plums in half; discard pits.
- Combine plums, reserved juice, red wine, honey, cinnamon, and cloves in a medium saucepan. Bring to a boil. Cover; reduce heat, and simmer 15 minutes.
- Place half of soup in a blender; process until smooth.
- Pour into a bowl. Repeat procedure with other half of soup. Stir in liqueur and rind.
- Place 3/4 cup soup into each of 6 wine goblets. Top each serving with 1 tablespoon yogurt and 1 mint sprig, if desired.

## Nutrition Facts



## Properties

Glycemic Index:15.99, Glycemic Load:7.35, Inflammation Score:0, Nutrition Score:4.8143478061842%

## Flavonoids

Cyanidin: 8.51mg, Cyanidin: 8.51mg, Cyanidin: 8.51mg, Cyanidin: 8.51mg Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.95mg, Peonidin: 1.95mg, Peonidin: 1.95mg, Peonidin: 1.95mg Catechin: 10.53mg, Catechin: 10.53mg, Catechin: 10.53mg, Catechin: 10.53mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 13.37mg, Epicatechin: 13.37mg, Epicatechin: 13.37mg, Epicatechin: 13.37mg Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.02mg,

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

## **Nutrients (% of daily need)**

Calories: 164.31kcal (8.22%), Fat: 0.69g (1.06%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 22.92g (8.33%), Sugar: 20.64g (22.94%), Cholesterol: 1mg (0.33%), Sodium: 13.6mg (0.59%), Alcohol: 8.4g (100%), Alcohol %: 4.17% (100%), Protein: 2.13g (4.25%), Vitamin C: 14.76mg (17.89%), Vitamin A: 530.94IU (10.62%), Vitamin K: 9.87µg (9.4%), Fiber: 2.26g (9.03%), Potassium: 284.83mg (8.14%), Manganese: 0.16mg (8.07%), Phosphorus: 51.54mg (5.15%), Vitamin B2: 0.08mg (4.78%), Calcium: 45.9mg (4.59%), Copper: 0.09mg (4.55%), Magnesium: 14.19mg (3.55%), Vitamin B1: 0.05mg (3.4%), Vitamin B3: 0.66mg (3.3%), Vitamin B5: 0.32mg (3.18%), Vitamin B6: 0.05mg (2.73%), Vitamin E: 0.41mg (2.72%), Folate: 9.88µg (2.47%), Zinc: 0.33mg (2.2%), Vitamin B12: 0.11µg (1.77%), Iron: 0.31mg (1.73%), Selenium: 1.02µg (1.46%)