



World Peach Soup



Vegetarian



Gluten Free

READY IN



27 min.

SERVINGS



12

CALORIES



211 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 large sprigs mint leaves fresh washed and dried, plus 12 small sprigs, for garnish
- ☐ 1 pint heavy cream
- ☐ 1 liter mango juice
- ☐ 6 large peaches canned ripe peeled drained sliced into a pot or 2 (29 to 32-ounce) cans peaches,
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper white

Equipment

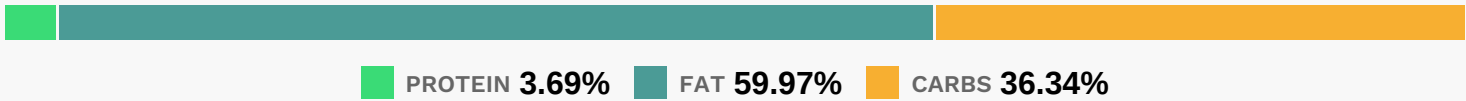
- ☐ bowl

- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ In a large pot, cover peaches with water (about 2 cups).
- ☐ Add mint, salt and white pepper, and bring to a simmer. Cook until peaches are very tender and flavors infuse,
- ☐ Remove from heat and cool to room temperature.
- ☐ Remove mint sprigs, and with an immersion blender (if the pot is big and deep enough), or in batches in a blender, to avoid a major blender explosion, puree the peaches.
- ☐ Add mango juice and cream and blend. Adjust salt and pepper if needed, and chill.
- ☐ Ladle into serving bowls and serve garnished with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:6.98, Inflammation Score:-6, Nutrition Score:4.5534782306008%

Flavonoids

Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 6.16mg, Epicatechin: 6.16mg, Epicatechin: 6.16mg, Epicatechin: 6.16mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 211.29kcal (10.56%), Fat: 14.59g (22.44%), Saturated Fat: 9.11g (56.91%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 18.37g (6.68%), Sugar: 16.9g (18.77%), Cholesterol: 44.56mg (14.85%), Sodium: 122.51mg (5.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin A: 879.92IU (17.6%), Vitamin B2: 0.12mg (6.88%), Vitamin E: 1.01mg (6.74%), Potassium: 234.37mg (6.7%), Manganese: 0.12mg (6.17%), Fiber: 1.52g (6.08%), Vitamin C: 4.72mg (5.72%), Phosphorus: 48.51mg (4.85%), Selenium: 3.11µg (4.44%), Copper: 0.08mg (4.22%), Vitamin D: 0.63µg (4.21%), Vitamin B3: 0.8mg (4%), Calcium: 37.44mg (3.74%), Vitamin K: 3.89µg (3.7%), Magnesium: 14.42mg (3.6%), Vitamin B1: 0.05mg (3.17%), Vitamin B5: 0.28mg (2.78%), Vitamin B6: 0.05mg (2.59%), Iron: 0.46mg (2.57%), Zinc: 0.32mg (2.12%), Folate: 7.21µg (1.8%), Vitamin B12: 0.06µg (1.05%)