

Cucumber Bisque

*The Hidden Inn - Orange, VA
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

*6 large cucumbers, peeled and seeded
2 yellow onions
2 teaspoons chicken base
1 cup hot water
4 cups half-and-half
6 tablespoons sour cream
1/2 teaspoon white pepper
1 1/2 teaspoons fresh or dried dill
(for garnish), chopped*

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Chop the cucumber and onion in a food processor.

In a bowl, dissolve the chicken base in the hot water. Add to the cucumber mixture.

Add the half-and-half, sour cream, pepper and dill. Mix well.

Chill thoroughly.

Served chilled, sprinkled with dill.

Per Serving (excluding unknown items): 84 Calories; 3g Fat (33.9% calories from fat); 3g Protein; 12g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 16mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	84
% Calories from Fat:	33.9%
% Calories from Carbohydrates:	53.2%
% Calories from Protein:	12.9%
Total Fat (g):	3g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	6mg
Carbohydrate (g):	12g
Dietary Fiber (g):	3g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	48mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n/a

Food Exchanges

Grain (Starch):	0
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Protein (g): 3g
Sodium (mg): 16mg
Potassium (mg): 512mg
Calcium (mg): 68mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 18mg
Vitamin A (i.u.): 761IU
Vitamin A (r.e.): 97 1/2RE

Lean Meat: 0
Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 84 Calories from Fat: 29

% Daily Values*

Total Fat	3g	5%
Saturated Fat	2g	10%
Cholesterol	6mg	2%
Sodium	16mg	1%
Total Carbohydrates	12g	4%
Dietary Fiber	3g	12%
Protein	3g	

Vitamin A	15%
Vitamin C	31%
Calcium	7%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.