

Apple Soup

Thomas Shepherd Inn - Shepherdstown, WV
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 12

3 pounds tart apples
3 cups apple juice
3 cups water
2 teaspoons grated lemon rind
5 teaspoons fresh lemon juice
1 cup sugar
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 cup sour cream blended with
1/4 cup milk (optional)
lemon slices (for garnish)

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In a saucepan, place the apples, apple juice, water, lemon rind, lemon juice, sugar, ground cinnamon and ground nutmeg. Cover and simmer about 20 minutes, until the apples are soft.

Puree' in a food processor or blender at low speed.

Serve hot or cold with a bit of the sour cream mixture drizzled on top. Garnish with a thin slice of lemon.

For Russian Apple Soup: prepare as shown in the recipe, using two cups of water and one cup of red Bordeaux wine for cooking the apples. Before puree'ing, add 1/4 cup of red or black currant jelly and stir until melted. Puree' and serve hot or cold, with or without the cream topping.

Per Serving (excluding unknown items): 142 Calories; trace Fat (1.3% calories from fat); trace Protein; 36g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 0 Fat; 1 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	142
% Calories from Fat:	1.3%
% Calories from Carbohydrates:	97.7%
% Calories from Protein:	1.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	36g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 2g
 Protein (g): trace
 Sodium (mg): 6mg
 Potassium (mg): 204mg
 Calcium (mg): 13mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 6mg
 Vitamin A (i.u.): 57IU
 Vitamin A (r.e.): 5 1/2RE

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 1
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 142 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrates	36g	12%
Dietary Fiber	2g	9%
Protein	trace	

Vitamin A	1%
Vitamin C	10%
Calcium	1%
Iron	2%

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