

# Cantaloupe Mint Soup

*William Klinger Inn - Hermann, MO  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 2

*1/2 cantaloupe, peeled, seeded and  
cut in chunks  
20 fresh mint leaves  
1 1/2 tablespoons honey  
1/8 teaspoon ground ginger  
1 cup plain yogurt  
1/4 cup fruity white wine  
fresh mint sprigs (for garnish)*

Copyright: James Stroman

Place the cantaloupe in a food processor or  
blender fitted with the steel blade. Add the mint  
leaves and process until the cantaloupe is  
puree'd. Remove to a serving bowl.

Add the honey, ginger, yogurt and wine. Stir well  
to mix.

Cover and chill for two hours or more.

Pour into small bowls and garnish with mint  
sprigs.

---

Per Serving (excluding unknown  
items): 177 Calories; 4g Fat (21.0%  
calories from fat); 6g Protein; 31g  
Carbohydrate; 2g Dietary Fiber;  
16mg Cholesterol; 73mg Sodium.  
Exchanges: 0 Grain(Starch); 0  
Vegetable; 1/2 Fruit; 1/2 Non-Fat  
Milk; 1/2 Fat; 1 Other  
Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	177
% Calories from Fat:	21.0%
% Calories from Carbohydrates:	66.6%
% Calories from Protein:	12.4%
Total Fat (g):	4g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	16mg
Carbohydrate (g):	31g
Dietary Fiber (g):	2g
	6g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	43mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

## Food Exchanges

Grain (Starch):	0
	0
	1

**Protein (g):**  
**Sodium (mg):** 73mg  
**Potassium (mg):** 671mg  
**Calcium (mg):** 184mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 60mg  
**Vitamin A (i.u.):** 5005IU  
**Vitamin A (r.e.):** 531 1/2RE

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

## Nutrition Facts

Servings per Recipe: 2

### Amount Per Serving

**Calories** 177 Calories from Fat: 37

### % Daily Values\*

<b>Total Fat</b>	4g	7%
Saturated Fat	3g	13%
<b>Cholesterol</b>	16mg	5%
<b>Sodium</b>	73mg	3%
<b>Total Carbohydrates</b>	31g	10%
Dietary Fiber	2g	7%
<b>Protein</b>	6g	

<b>Vitamin A</b>	100%
<b>Vitamin C</b>	100%
<b>Calcium</b>	18%
<b>Iron</b>	8%

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