

# Chilled Curried Cucumber Soup

*Fresh Ways with Soups & Stews*  
*Time-Life Books*

## Servings: 6

*1 cup loosely packed cilantro, a few leaves reserved for garnish*  
*1 onion, quartered*  
*2 large cucumbers, peeled, quartered lengthwise, seeded and cut into chunks*  
*1/2 cup sour cream*  
*1 1/2 cups plain low-fat yogurt*  
*1 teaspoon curry powder*  
*1/4 teaspoon salt*  
*1/4 teaspoon white pepper*  
*3 to 5 drops hot red-pepper sauce*  
*1 1/4 cups unsalted brown or chicken stock*

## Preparation Time: 20 minutes

Chop the cilantro in a food processor. Add the onion and cucumber chunks and process them until they are finely chopped but not puree'd. (Alternately, chop the cilantro by hand and grate or finely chop the onion and cucumbers.)

In a bowl, whisk the sour cream with one cup of the yogurt, the curry powder, salt, white pepper and red-pepper sauce. Whisk in the cucumber mixture and the stock. Refrigerate the soup for at least one hour. Serve the soup in chilled bowls. Garnish each portion with a dollop of the remaining yogurt and the reserved cilantro leaves.

Start to Finish Time: 1 hour 20 minutes

*This soup is made even better when it is made a day in advance.*

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Per Serving (excluding unknown items): 101 Calories; 5g Fat (44.5% calories from fat); 5g Protein; 10g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 145mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Non-Fat Milk; 1 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	101	Vitamin B6 (mg):	.1mg
% Calories from Fat:	44.5%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	37.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	18.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	5g	Folacin (mcg):	26mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
			0.0%

<b>Cholesterol (mg):</b>	12mg
<b>Carbohydrate (g):</b>	10g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	5g
<b>Sodium (mg):</b>	145mg
<b>Potassium (mg):</b>	350mg
<b>Calcium (mg):</b>	154mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	7mg
<b>Vitamin A (i.u.):</b>	411IU
<b>Vitamin A (r.e.):</b>	79RE

% Daily Values\*

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	1
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	1/2
<b>Fat:</b>	1
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 101 Calories from Fat: 45

### % Daily Values\*

<b>Total Fat</b> 5g	8%
Saturated Fat 3g	16%
<b>Cholesterol</b> 12mg	4%
<b>Sodium</b> 145mg	6%
<b>Total Carbohydrates</b> 10g	3%
Dietary Fiber 1g	5%
<b>Protein</b> 5g	

<b>Vitamin A</b>	8%
<b>Vitamin C</b>	12%
<b>Calcium</b>	15%
<b>Iron</b>	3%

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