

Chilled Minted-Peach and Prosecco Soup

Robin Asbell - "Big Vegan: More Than 350 Recipes No Meat/ No Dairy"
Scripps Treasure Coast Newspapers

Servings: 4

2 pounds fresh peaches, peeled and pitted
1 1/2 cups dry prosecco
1/2 cup fresh mint, finely chopped
1/2 cup coconut milk
2 tablespoons agave syrup (plus extra, if needed)
1 tablespoon freshly squeezed lemon juice (plus extra, if needed)
4 sprigs mint

Chop the peaches. Place them in a four-quart saucepan with the prosecco. Bring to a boil. Reduce to a simmer. Cook until the peaches are breaking down, about 30 minutes.

Remove from the heat. Stir in the mint. Let cool.

In a blender or food processor, puree the peaches with the milk, agave syrup and lemon juice.

Refrigerate the soup for up to four days.

Taste and adjust the lemon juice or agave.

Serve in bowls with mint sprigs.

Per Serving (excluding unknown items): 151 Calories; 7g Fat (40.4% calories from fat); 2g Protein; 22g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1/2 Vegetable; 1 1/2 Fruit; 1 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	151
% Calories from Fat:	40.4%
% Calories from Carbohydrates:	53.8%
% Calories from Protein:	5.9%
Total Fat (g):	7g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	29mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	22g
Dietary Fiber (g):	5g
Protein (g):	2g
Sodium (mg):	10mg
Potassium (mg):	497mg
Calcium (mg):	47mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	14mg
Vitamin A (i.u.):	1616IU
Vitamin A (r.e.):	162 1/2RE

Alcohol (kcal):	0
% Daily Values*	0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	151	Calories from Fat: 61
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% Daily Values*

Total Fat	7g	11%
Saturated Fat	6g	32%
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	22g	7%
Dietary Fiber	5g	21%
Protein	2g	
Vitamin A		32%
Vitamin C		24%
Calcium		5%
Iron		15%

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