

Chilled Sweet Orange Pineapple Soup

Publix FamilyStyle Magazine - June/July 2014

Servings: 6

1 (2 cups) pineapple, peeled, cored and cut into chunks

2 ripe peaches, peeled, halved and cored

1 1/2 cups orange juice, chilled

2 tablespoons lemon juice

1/2 cup ginger ale, chilled

pineapple wedges (for garnish) (optional)

Preparation Time: 20 minutes

Chill: 6 hours

In a blender or food processor, combine the pineapple chunks, peaches, orange juice and lemon juice. Blend or process until smooth. Transfer to a large bowl.

Serve immediately or cover and chill up to six hours.

Stir in the ginger ale just before serving.

If desired, garnish with pineapple wedges.

Per Serving (excluding unknown items): 61 Calories; trace Fat (4.7% calories from fat); 1g Protein; 15g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 Fruit; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	61
% Calories from Fat:	4.7%
% Calories from Carbohydrates:	91.3%
% Calories from Protein:	4.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	15g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	40mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n/a%

Food Exchanges

Grain (Starch):	0
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Protein (g): 1g
Sodium (mg): 3mg
Potassium (mg): 189mg
Calcium (mg): 11mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 41mg
Vitamin A (i.u.): 137IU
Vitamin A (r.e.): 32RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 61 Calories from Fat: 3

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	15g	5%
Dietary Fiber	1g	3%
Protein	1g	

Vitamin A	3%
Vitamin C	69%
Calcium	1%
Iron	2%

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