

Chilled Tomato-and-Shrimp Soup

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 4

2 cups unsalted veal or chicken stock
4 ripe tomatoes, peeled, seeded and coarsely chopped
1/2 cucumber, peeled, seeded and coarsely chopped
1 scallion, trimmed and sliced into thin rounds
2 tablespoons red wine vinegar
1/4 teaspoon white pepper
1 teaspoon Dijon mustard
4 to 8 drops hot red-pepper sauce
3/4 pound baby shrimp
1/2 cup croutons (optional)

Preparation Time: 20 minutes

Pour the stock into a serving bowl. Stir in the tomatoes, cucumber, scallion, vinegar, pepper, mustard and red-pepper sauce. Add the shrimp and stir again. Cover the bowl and refrigerate it for at least one hour.

Serve the soup in chilled soup bowls. If you wish, garnish each portion with a few croutons.

Start to Finish Time: 1 hour 20 minutes

Per Serving (excluding unknown items): 34 Calories; 1g Fat (11.3% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 28mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	34
% Calories from Fat:	11.3%
% Calories from Carbohydrates:	74.7%
% Calories from Protein:	14.1%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	8g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	26mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Dietary Fiber (g): 2g
 Protein (g): 1g
 Sodium (mg): 28mg
 Potassium (mg): 347mg
 Calcium (mg): 16mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 26mg
 Vitamin A (i.u.): 862IU
 Vitamin A (r.e.): 85 1/2RE

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 34 Calories from Fat: 4

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	28mg	1%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	7%
Protein	1g	

Vitamin A	17%
Vitamin C	44%
Calcium	2%
Iron	4%

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