

Cold Fresh Fruit Soup

Gayle Fleming - Northport, AL
Southern Living - 1987 Annual Recipes

Yield: 7 cups

2 cups cantaloupe, coarsely chopped
2 1/2 cups fresh strawberries
1/4 cup seedless green grapes
3 cups cooking apple, coarsely
chopped
1/4 cup sugar
2 cups water
1/4 cup lemon juice
1 1/4 cups orange juice
sour cream
orange rind strips

In a large Dutch oven, combine the cantaloupe, strawberries, grapes, apple, sugar, water and lemon juice. Bring to a boil. Reduce the heat. Simmer, uncovered, for 15 minutes.

Pour half of the fruit mixture into the container of an electric blender. Cover and process until smooth. Repeat with the remaining mixture.

Add the orange juice to the fruit mixture. Stir and chill.

Spoon into bowls.

Garnish each serving with a dollop of sour cream and a sprinkle of orange rind.

Per Serving (excluding unknown items): 571 Calories; 3g Fat (4.0% calories from fat); 7g Protein; 140g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 51mg Sodium. Exchanges: 6 1/2 Fruit; 3 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	571	Vitamin B6 (mg):	.5mg
% Calories from Fat:	4.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	91.2%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	4.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	3g	Folacin (mcg):	298mcg
Saturated Fat (g):	trace	Niacin (mg):	4mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

Cholesterol (mg):	0mg
Carbohydrate (g):	140g
Dietary Fiber (g):	12g
Protein (g):	7g
Sodium (mg):	51mg
Potassium (mg):	2298mg
Calcium (mg):	135mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	527mg
Vitamin A (i.u.):	11049IU
Vitamin A (r.e.):	1201RE

% Refused 0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	6 1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	3 1/2

Nutrition Facts

Amount Per Serving

Calories 571 **Calories from Fat:** 23

% Daily Values*

Total Fat 3g	4%
Saturated Fat trace	1%
Cholesterol 0mg	0%
Sodium 51mg	2%
Total Carbohydrates 140g	47%
Dietary Fiber 12g	47%
Protein 7g	
Vitamin A	221%
Vitamin C	879%
Calcium	14%
Iron	14%

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