

Cold Fruit Soup

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

Servings: 6

2 cups peaches, peeled and sliced
2 cups fresh pineapple, diced
1/2 cup honeydew pulp
1/2 cup seedless red currant jelly
1 cup puree'd strawberries
2 cups white wine
1/8 teaspoon cinnamon
3/4 cup sugar
Zest of one large lemon
3 cups chilled Champagne

In a medium saucepan, mix all of the ingredients except the Champagne. Bring to a boil. Simmer for approximately 1 minute. Let cool completely.

Drain the juice from the fruit. Mix the fruit juice and the Champagne.

Equally divide the fruit into six serving bowls. Pour the juice and Champagne over the fruit.

Serve immediately.

Per Serving (excluding unknown items): 200 Calories; trace Fat (1.5% calories from fat); 1g Protein; 38g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 0 Fat; 1 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	200
% Calories from Fat:	1.5%
% Calories from Carbohydrates:	96.8%
% Calories from Protein:	1.6%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	38g
Dietary Fiber (g):	2g
Protein (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	8mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	53
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 5mg
Potassium (mg): 233mg
Calcium (mg): 14mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 12mg
Vitamin A (i.u.): 313IU
Vitamin A (r.e.): 31 1/2RE

Vegetable: 0
Fruit: 1
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 200 Calories from Fat: 3

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	38g	13%
Dietary Fiber	2g	7%
Protein	1g	
Vitamin A		6%
Vitamin C		19%
Calcium		1%
Iron		3%

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