

Cold Melon Soup

Teri Terry

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

2 ripe canteloupes, peeled and diced
1/2 cup honey
1 cup orange juice concentrate
1 cup peach or apricot nectar
1/4 teaspoon ginger
1 stick cinnamon
4 cloves
pinch allspice
1/2 cup heavy cream
1/2 cup plain yogurt
1/4 cup melon liqueur
mint sprig (for garnish)

In a soup pot, combine the cantaloupe, honey, orange juice concentrate, nectar, ginger, cinnamon, cloves and allspice. Bring to a boil and cook for 1 to 2 minutes.

Cool and refrigerate overnight.

Remove the cinnamon stick and cloves.

Place the soup mixture in a blender or food processor. Add the cream, yogurt and melon liqueur. Blend until smooth.

Serve very cold. Garnish with mint.

Per Serving (excluding unknown items): 1105 Calories; 54g Fat (40.1% calories from fat); 9g Protein; 171g Carbohydrate; 13g Dietary Fiber; 179mg Cholesterol; 174mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Non-Fat Milk; 10 1/2 Fat; 9 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	1105
% Calories from Fat:	40.1%
% Calories from Carbohydrates:	56.8%
% Calories from Protein:	3.0%
Total Fat (g):	54g
Saturated Fat (g):	31g
Monounsaturated Fat (g):	14g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	179mg
Carbohydrate (g):	171g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	44mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 13g
 Protein (g): 9g
 Sodium (mg): 174mg
 Potassium (mg): 698mg
 Calcium (mg): 489mg
 Iron (mg): 6mg
 Zinc (mg): 2mg
 Vitamin C (mg): 25mg
 Vitamin A (i.u.): 2058IU
 Vitamin A (r.e.): 562RE

Grain (Starch): 1 1/2
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 1
 Fat: 10 1/2
 Other Carbohydrates: 9 1/2

Nutrition Facts

Amount Per Serving

Calories 1105 Calories from Fat: 444

% Daily Values*

Total Fat	54g	82%
Saturated Fat	31g	157%
Cholesterol	179mg	60%
Sodium	174mg	7%
Total Carbohydrates	171g	57%
Dietary Fiber	13g	52%
Protein	9g	
Vitamin A		41%
Vitamin C		42%
Calcium		49%
Iron		32%

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