

# Cold Watermelon Soup

Santa Fe, NM

*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 4

*3 pounds watermelon meat, seeded*  
*2 tablespoons sugar*  
*4 ounces mineral water*  
*8 ounces sweet white wine (Riesling or*  
*liebfraumilch)*  
*1/2 teaspoon fresh lemon juice*  
*1 cantaloupe (for garnish), peeled,*  
*seeded and finely diced*  
*1 slice honeydew melon (for garnish),*  
*peeled, seeded and finely diced*

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Place the watermelon in a food processor or blender. Blend on low speed for 3 minutes or until the melon has reached a puree'd consistency but is not foamy. Pour the puree' into a mixing bowl.

Add the sugar, mineral water and wine. Blend. Stir in the lemon juice. Chill the soup until it is cold.

Serve in soup bowls garnished with the diced cantaloupe and honeydew.

Per Serving (excluding unknown items): 24 Calories; 0g Fat (0.0% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	24	Vitamin B6 (mg):	trace
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	100.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	0g	Folacin (mcg):	trace
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	6g		
Dietary Fiber (g):	trace		
Protein (g):	trace		

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0

**Sodium (mg):** trace  
**Potassium (mg):** 1mg  
**Calcium (mg):** trace  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** trace  
**Vitamin A (r.e.):** 0RE

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 24 Calories from Fat: 0

### % Daily Values\*

<b>Total Fat</b>	0g	0%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	trace	0%
<b>Total Carbohydrates</b>	6g	2%
Dietary Fiber	trace	0%
<b>Protein</b>	trace	

<b>Vitamin A</b>	0%
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%
<b>Iron</b>	0%

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