

# Cucumber-Buttermilk Herb Chilled Soup

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**Yield: 8 cups**

3 English cucumbers, peeled and chopped  
1 quart buttermilk  
1/4 cup fresh tarragon  
2 sprigs parsley  
big pinch Kosher salt  
fresh corn kernels (for garnish)  
sliced basil leaves (for garnish)  
extra-virgin olive oil (for garnish)

In a blender, combine the cucumbers, buttermilk, tarragon, parsley and Kosher salt.

Puree' until very smooth, 1 to 2 minutes.

Taste and season with more salt, if necessary.

Refrigerate until chilled, at least one hour.

Ladle into bowls. Top with corn kernels, basil leaves and a drizzle of olive oil for garnish.

*This soup can be made two days ahead and stored in the refrigerator.*

Per Serving (excluding unknown items): 565 Calories; 10g Fat (14.6% calories from fat); 48g Protein; 79g Carbohydrate; 16g Dietary Fiber; 34mg Cholesterol; 1096mg Sodium. Exchanges: 1 1/2 Vegetable; 4 Non-Fat Milk; 1 Fat.

Soups, Chili and Stews

**Per Serving Nutritional Analysis**

Calories (kcal):	565	Vitamin B6 (mg):	.4mg
% Calories from Fat:	14.6%	Vitamin B12 (mcg):	2.1mcg
% Calories from Carbohydrates:	53.1%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	32.4%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	10g	Folacin (mcg):	231mcg
Saturated Fat (g):	6g	Niacin (mg):	2mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	34mg	% Refuse:	0 0%
Carbohydrate (g):	79g	<b>Food Exchanges</b>	
Dietary Fiber (g):	16g	Grain (Starch):	0
Protein (g):	48g	Lean Meat:	0
Sodium (mg):	1096mg	Vegetable:	1 1/2

**Potassium (mg):** 2198mg  
**Calcium (mg):** 1325mg  
**Iron (mg):** 8mg  
**Zinc (mg):** 5mg  
**Vitamin C (mg):** 227mg  
**Vitamin A (i.u.):** 9034IU  
**Vitamin A (r.e.):** 709 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 4  
**Fat:** 1  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 565 Calories from Fat: 82

### % Daily Values\*

<b>Total Fat</b>	10g	15%
Saturated Fat	6g	28%
<b>Cholesterol</b>	34mg	11%
<b>Sodium</b>	1096mg	46%
<b>Total Carbohydrates</b>	79g	26%
Dietary Fiber	16g	64%
<b>Protein</b>	48g	
<b>Vitamin A</b>		181%
<b>Vitamin C</b>		378%
<b>Calcium</b>		133%
<b>Iron</b>		44%

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