

Fresh Peach Soup

*The Delforge Place - Fredericksburg, TX
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 4

*5 large ripe peaches
1/4 cup sugar
1 cup plain yogurt
1/4 cup fresh orange juice
1/4 cup fresh lemon juice
2 tablespoons peach liqueur*

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In a food processor or blender, puree the peaches with the sugar. Blend in the yogurt.

Add the orange and lemon juices. Add the liqueur. Mix until smooth.

Pour into a bowl. Cover. Refrigerate until chilled.

Per Serving (excluding unknown items): 97 Calories; 2g Fat (18.1% calories from fat); 2g Protein; 18g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 29mg Sodium. Exchanges: 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	97
% Calories from Fat:	18.1%
% Calories from Carbohydrates:	72.8%
% Calories from Protein:	9.1%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	8mg
Carbohydrate (g):	18g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	29mg
Potassium (mg):	145mg
Calcium (mg):	77mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	15mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 15mg
Vitamin A (i.u.): 109IU
Vitamin A (r.e.): 26RE

Fat: 1/2
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	97	Calories from Fat: 18
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	6%
Cholesterol	8mg	3%
Sodium	29mg	1%
Total Carbohydrates	18g	6%
Dietary Fiber	trace	0%
Protein	2g	

Vitamin A	2%
Vitamin C	25%
Calcium	8%
Iron	0%

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