

Refreshing Peach Soup

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

3 tablespoons quick-cooking tapioca
3 tablespoons sugar
pinch salt
2 1/2 cups water
1 can (6 ounce) frozen orange juice
concentrate
2 pounds peaches
1 tablespoon lemon juice

In a blender or food processor, puree the peaches and the lemon juice. Set aside.

In a saucepan, mix the tapioca, sugar, salt and one cup of water. Heat to a full boil, stirring constantly. Remove from the heat and place in a medium bowl.

Stir in the frozen orange juice until it is just melted. Add the remaining water. Stir until smooth.

Add the puree'd peaches. Stir together.

Place in the refrigerator to chill.

Serve cold.

Per Serving (excluding unknown items): 784 Calories; 1g Fat (1.1% calories from fat); 10g Protein; 197g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 25mg Sodium. Exchanges: 10 Fruit; 2 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	784	Vitamin B6 (mg):	.4mg
% Calories from Fat:	1.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	94.2%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	4.8%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	1g	Folacin (mcg):	356mcg
Saturated Fat (g):	trace	Niacin (mg):	8mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	197g
Dietary Fiber (g):	16g
Protein (g):	10g
Sodium (mg):	25mg
Potassium (mg):	2815mg
Calcium (mg):	116mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	378mg
Vitamin A (i.u.):	4283IU
Vitamin A (r.e.):	432 1/2RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories	784	Calories from Fat: 8
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% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	25mg	1%
Total Carbohydrates	197g	66%
Dietary Fiber	16g	62%
Protein	10g	
Vitamin A		86%
Vitamin C		631%
Calcium		12%
Iron		8%

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