

Strawberry Soup II

*Barnard-Good House - Cape May, NJ
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

*2 1/2 pints very ripe strawberries,
hulled
juice of one lemon
2 tablespoons clover honey
juice of one orange
1 tablespoon creme de cassis
2 tablespoons fresh mint, chopped
fresh mint leaves (for garnish)*

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Divide the berries in half, sorting by appearance. Cut the prettier berries in half or into quarters. Toss with the lemon juice and one tablespoon of the honey (or more, to taste). Refrigerate.

Place the remaining berries in a food processor or mixer. Crush to a coarse puree'. Beat in the orange juice, creme de cassis and one tablespoon of honey (or more, to taste). Set aside until ready to serve.

Just before serving, stir the mint into the crushed berries. Ladle into shallow champagne glasses. Add the cut berries. Garnish with the mint leaves.

(This soup can be made ahead and refrigerated.)

Per Serving (excluding unknown items): 8 Calories; trace Fat (2.1% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	8	Vitamin B6 (mg):	0mg
% Calories from Fat:	2.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	93.7%	Thiamin B1 (mg):	0mg
% Calories from Protein:	4.2%	Riboflavin B2 (mg):	0mg
Total Fat (g):	trace	Folacin (mcg):	2mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
			0mg

Monounsaturated Fat (g): 0g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 1mg
Potassium (mg): 9mg
Calcium (mg): 4mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 77IU
Vitamin A (r.e.): 7 1/2RE

Caffeine (mg):
Alcohol (kcal): 7
% Refuse: 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 8 **Calories from Fat:** 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	trace	
Vitamin A		2%
Vitamin C		0%
Calcium		0%
Iron		1%

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