

Strawberry Soup

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

1 quart fresh strawberries
1 cup fresh orange juice
2 tablespoons instant tapioca
1 1/2 cups buttermilk
1/8 teaspoon cinnamon
1/2 cup sugar
1 tablespoon fresh lemon juice

Place the strawberries and the orange juice in a blender. Blend until smooth.

In a saucepan, place the strawberry puree' into the pan. Add the tapioca. Heat and stir constantly until the mixture comes to a full boil. Cook for 1 minute or until the mixture thickens.

Remove from the stove and add the buttermilk, cinnamon, sugar and the lemon juice.

Place in the refrigerator until well chilled. Serve.

Per Serving (excluding unknown items): 829 Calories; 6g Fat (5.9% calories from fat); 17g Protein; 186g Carbohydrate; 14g Dietary Fiber; 13mg Cholesterol; 395mg Sodium. Exchanges: 0 Grain(Starch); 5 Fruit; 1 1/2 Non-Fat Milk; 1/2 Fat; 6 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	829
% Calories from Fat:	5.9%
% Calories from Carbohydrates:	86.0%
% Calories from Protein:	8.0%
Total Fat (g):	6g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	13mg
Carbohydrate (g):	186g
Dietary Fiber (g):	14g
	17g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	261mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0.0%

Food Exchanges

Grain (Starch):	0
	0
	1

Protein (g):
Sodium (mg): 395mg
Potassium (mg): 2055mg
Calcium (mg): 543mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 469mg
Vitamin A (i.u.): 781IU
Vitamin A (r.e.): 97RE

Lean Meat:
Vegetable: 0
Fruit: 5
Non-Fat Milk: 1 1/2
Fat: 1/2
Other Carbohydrates: 6 1/2

Nutrition Facts

Amount Per Serving

Calories	829	Calories from Fat: 49
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% Daily Values*

Total Fat	6g	9%
Saturated Fat	2g	10%
Cholesterol	13mg	4%
Sodium	395mg	16%
Total Carbohydrates	186g	62%
Dietary Fiber	14g	56%
Protein	17g	
Vitamin A		16%
Vitamin C		782%
Calcium		54%
Iron		16%

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