

Golden Gazpacho

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 6

1/2 ripe cantaloupe, seeded and diced
2 cloves garlic, peeled
2 yellow peppers, seeded, deribbed and quartered
1/2 to one jalapeno pepper, seeded and deribbed
1/2 cup loosely packed cilantro leaves
1 navel orange, peeled and quartered, the peel of one quarter reserved
1 1/2 cups fresh orange juice
3 scallions, trimmed, the green tops discarded
1 1/2 tablespoons fresh lime juice
1/2 cup plain low-fat yogurt
12 cilantro leaves (for garnish)

Preparation Time: 15 minutes

Place all of the ingredients except the yogurt into a food processor and puree the mixture. Add the yogurt and operate the machine in short bursts until the yogurt is mixed in. Transfer the soup to a bowl or jar, cover it tightly, and refrigerate it for at least one hour.

Garnish each serving with cilantro leaves.

Start to Finish Time: 1 hour 15 minutes

In the event that yellow peppers cannot be found, use sweet red peppers instead.

Per Serving (excluding unknown items): 57 Calories; 1g Fat (8.1% calories from fat); 2g Protein; 12g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 17mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 0 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	57	Vitamin B6 (mg):	.1mg
% Calories from Fat:	8.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	77.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	52mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	1mg
Carbohydrate (g):	12g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	17mg
Potassium (mg):	287mg
Calcium (mg):	56mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	107mg
Vitamin A (i.u.):	264IU
Vitamin A (r.e.):	29RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	57	Calories from Fat:	5
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% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	1%
Cholesterol	1mg	0%
Sodium	17mg	1%
Total Carbohydrates	12g	4%
Dietary Fiber	1g	3%
Protein	2g	

Vitamin A	5%
Vitamin C	179%
Calcium	6%
Iron	3%

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