

# Chilled Cucumber Soup II

Susan McEwen McIntosh

1 *tablespoon reduced-calorie  
margarine*  
1 *medium cucumber, peeled, seeded  
and chopped*  
2 *tablespoons green onions, sliced*  
2 *teaspoons cornstarch*  
1 *1/4 cups skim milk, divided*  
1 *teaspoon chicken flavored bouillon  
granules*  
1/4 *teaspoon dried whole dillweed*  
1/2 *cup plain low-fat yogurt*  
1 *thin cucumber slices (optional for  
garnish)*  
*fresh parsley sprigs (optional for  
garnish)*

In a small saucepan, melt the margarine. Add the cucumbers and onions. Saute' until the vegetables are tender.

In a bowl, combine the cornstarch and 1/4 cup of milk, stirring until blended.

Add the cornstarch mixture, remaining milk, bouillon granules and dillweed to the saucepan. Cook, stirring constantly, over medium heat until thickened.

Pour the mixture into the container of an electric blender. Process until smooth. Let cool slightly.

Stir the yogurt into the cucumber mixture. Cover and chill for two hours.

Garnish with cucumber slices and fresh parsley, if desired.

Source:

""Southern Living" Cooking Light - 1983"

Yield:

"2 cups"

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Per Serving (excluding unknown items): 298 Calories; 8g Fat (25.1% calories from fat); 19g Protein; 38g Carbohydrate; 3g Dietary Fiber; 13mg Cholesterol; 392mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Vegetable; 2 Non-Fat Milk; 1 1/2 Fat.

## Per Serving Nutritional Analysis

Calories (kcal):	298
% Calories from Fat:	25.1%
% Calories from Carbohydrates:	49.6%
% Calories from Protein:	25.3%
Total Fat (g):	8g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	3g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	1.8mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	77mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0

**% Refused:** 00%

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

### Amount Per Serving

**% Daily Values\***

<b>Vitamin A</b>	39%
<b>Vitamin C</b>	37%
<b>Calcium</b>	66%
<b>Iron</b>	7%

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