

Chilled Cucumber-Lemon Soup

Dashrecipes.com July 2014

Servings: 4

3 large English cucumbers, peeled and halved

salt

2 scallions, sliced

2 tablespoons fresh dill, chopped

juice of two lemons

2 cups plain yogurt

2 cups buttermilk

salt and pepper (to taste)

fresh dill (for garnish)

Place the cucumbers on a flat surface. Sprinkle all over with salt. Let sit for 20 minutes. Blot away the moisture using a paper towel.

Coarsely chop the cucumbers and puree' in a blender with the scallions, dill, lemon juice, yogurt and buttermilk. Season with salt and pepper.

Chill at least two hours.

Garnish with fresh dill.

Per Serving (excluding unknown items): 157 Calories; 5g Fat (27.8% calories from fat); 11g Protein; 18g Carbohydrate; 3g Dietary Fiber; 20mg Cholesterol; 187mg Sodium. Exchanges: 0 Vegetable; 1 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	157
% Calories from Fat:	27.8%
% Calories from Carbohydrates:	44.3%
% Calories from Protein:	27.9%
Total Fat (g):	5g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	20mg
Carbohydrate (g):	18g
Dietary Fiber (g):	3g
Protein (g):	11g
	187mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	20mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
	0
	1

Sodium (mg):
Potassium (mg): 397mg
Calcium (mg): 296mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 18mg
Vitamin A (i.u.): 841IU
Vitamin A (r.e.): 60RE

Vegetable:
Fruit: 0
Non-Fat Milk: 1
Fat: 1
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 157 Calories from Fat: 44

% Daily Values*

Total Fat	5g	8%
Saturated Fat	3g	16%
Cholesterol	20mg	7%
Sodium	187mg	8%
Total Carbohydrates	18g	6%
Dietary Fiber	3g	13%
Protein	11g	

Vitamin A	17%
Vitamin C	30%
Calcium	30%
Iron	1%

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