

Chilled Fragrant Pineapple Soup

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Servings: 6

1 (2 cups) pineapple, peeled, cored and cut into chunks

2 ripe pears (or four canned pear halves), peeled, halved and cored

1 1/2 cups pineapple juice, chilled

2 tablespoons lemon juice

1/2 cup ginger ale, chilled

pineapple wedges (for garnish) (optional)

Preparation Time: 20 minutes

Chill: 6 hours

In a blender or food processor, combine the pineapple chunks, pears, pineapple juice and lemon juice. Blend or process until smooth. Transfer to a large bowl.

Serve immediately or cover and chill up to six hours.

Stir in the ginger ale just before serving.

If desired, garnish with pineapple wedges.

Per Serving (excluding unknown items): 68 Calories; trace Fat (3.3% calories from fat); trace Protein; 17g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 Fruit; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	68
% Calories from Fat:	3.3%
% Calories from Carbohydrates:	94.4%
% Calories from Protein:	2.3%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	17g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	21mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): trace
Sodium (mg): 3mg
Potassium (mg): 149mg
Calcium (mg): 15mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 17mg
Vitamin A (i.u.): 16IU
Vitamin A (r.e.): 1 1/2RE

Lean Meat: 0
Vegetable: 0
Fruit: 1
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 68 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	17g	6%
Dietary Fiber	1g	3%
Protein	trace	

Vitamin A	0%
Vitamin C	29%
Calcium	2%
Iron	2%

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