

# Chilled Zucchini Soup II

*Theodora Mann - Big Lake, TX  
Southern Living - 1987 Annual Recipes*

## **Yield: 5 1/2 cups**

*1 can (14-1/2 ounce) chicken broth  
4 large (two pounds) zucchini, sliced  
2 medium onions, chopped  
1 clove garlic, minced  
1/4 teaspoon salt  
1 cup milk  
1/4 to 1/3 cup mayonnaise  
1 teaspoon lemon juice  
1/4 teaspoon ground nutmeg  
additional zucchini slices (optional)*

In a large saucepan, combine the broth, zucchini, onions, garlic and salt. Bring to a boil. Reduce the heat and simmer for 10 minutes or until the vegetables are tender. Let cool.

Place half of the zucchini mixture in the bowl of an electric blender. Blend until smooth. Remove from the blender container. Repeat the procedure with the remaining zucchini mixture.

In a bowl, combine the mixtures, milk, mayonnaise, lemon juice and nutmeg. Cover and chill.

Garnish with additional zucchini slices, if desired.

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Per Serving (excluding unknown items): 785 Calories; 58g Fat (61.7% calories from fat); 25g Protein; 56g Carbohydrate; 14g Dietary Fiber; 52mg Cholesterol; 1759mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 7 1/2 Vegetable; 0 Fruit; 1 Non-Fat Milk; 5 1/2 Fat.

Soups, Chili and Stews

## **Per Serving Nutritional Analysis**

|                                       |       |                            |        |
|---------------------------------------|-------|----------------------------|--------|
| <b>Calories (kcal):</b>               | 785   | <b>Vitamin B6 (mg):</b>    | 1.4mg  |
| <b>% Calories from Fat:</b>           | 61.7% | <b>Vitamin B12 (mcg):</b>  | 1.3mcg |
| <b>% Calories from Carbohydrates:</b> | 26.4% | <b>Thiamin B1 (mg):</b>    | .7mg   |
| <b>% Calories from Protein:</b>       | 12.0% | <b>Riboflavin B2 (mg):</b> | .7mg   |
| <b>Total Fat (g):</b>                 | 58g   | <b>Folacin (mcg):</b>      | 237mcg |
| <b>Saturated Fat (g):</b>             | 12g   | <b>Niacin (mg):</b>        | 7mg    |
| <b>Monounsaturated Fat (g):</b>       | 16g   | <b>Caffeine (mg):</b>      | 0mg    |
| <b>Polyunsaturated Fat (g):</b>       | 24g   | <b>Alcohol (kcal):</b>     | 0      |
| <b>Cholesterol (mg):</b>              | 52mg  | <b>% Refuse:</b>           | 0.00%  |

|                    |        |
|--------------------|--------|
| Carbohydrate (g):  | 56g    |
| Dietary Fiber (g): | 14g    |
| Protein (g):       | 25g    |
| Sodium (mg):       | 1759mg |
| Potassium (mg):    | 2905mg |
| Calcium (mg):      | 483mg  |
| Iron (mg):         | 5mg    |
| Zinc (mg):         | 3mg    |
| Vitamin C (mg):    | 90mg   |
| Vitamin A (i.u.):  | 3129IU |
| Vitamin A (r.e.):  | 390RE  |

## Food Exchanges

|                      |       |
|----------------------|-------|
| Grain (Starch):      | 0     |
| Lean Meat:           | 1/2   |
| Vegetable:           | 7 1/2 |
| Fruit:               | 0     |
| Non-Fat Milk:        | 1     |
| Fat:                 | 5 1/2 |
| Other Carbohydrates: | 0     |

## Nutrition Facts

### Amount Per Serving

|                 |     |                        |
|-----------------|-----|------------------------|
| <b>Calories</b> | 785 | Calories from Fat: 484 |
|-----------------|-----|------------------------|

### % Daily Values\*

|                            |        |      |
|----------------------------|--------|------|
| <b>Total Fat</b>           | 58g    | 89%  |
| Saturated Fat              | 12g    | 62%  |
| <b>Cholesterol</b>         | 52mg   | 17%  |
| <b>Sodium</b>              | 1759mg | 73%  |
| <b>Total Carbohydrates</b> | 56g    | 19%  |
| Dietary Fiber              | 14g    | 54%  |
| <b>Protein</b>             | 25g    |      |
| <b>Vitamin A</b>           |        | 63%  |
| <b>Vitamin C</b>           |        | 150% |
| <b>Calcium</b>             |        | 48%  |
| <b>Iron</b>                |        | 26%  |

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