

Cold Cucumber Soup

Mary Sims

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

1 1/2 cups cucumber, peeled and diced
2 tablespoons olive oil
1 tablespoon dried dill seed
1 clove garlic, minced or pressed
1 teaspoon salt
1/4 teaspoon white pepper
1/2 cup yogurt
1 cup sour cream
1/4 cup lightly toasted walnuts, chopped

In a large bowl, combine the cucumber, olive oil, dill seed, garlic, salt and white pepper. Cover and let stand at room temperature for three hours.

Puree' one-half of the mixture in a blender. Add to the remainder.

Stir in the yogurt, sour cream and walnuts.

Chill at least eight hours before serving.

Per Serving (excluding unknown items): 833 Calories; 79g Fat (84.0% calories from fat); 13g Protein; 21g Carbohydrate; 1g Dietary Fiber; 118mg Cholesterol; 2315mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 Non-Fat Milk; 16 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	833
% Calories from Fat:	84.0%
% Calories from Carbohydrates:	10.0%
% Calories from Protein:	6.0%
Total Fat (g):	79g
Saturated Fat (g):	36g
Monounsaturated Fat (g):	35g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	118mg
Carbohydrate (g):	21g
Dietary Fiber (g):	1g
Protein (g):	13g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	54mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 2315mg
Potassium (mg): 757mg
Calcium (mg): 458mg
Iron (mg): 1mg
Zinc (mg): 2mg
Vitamin C (mg): 12mg
Vitamin A (i.u.): 2302IU
Vitamin A (r.e.): 623RE

Vegetable: 1
Fruit: 0
Non-Fat Milk: 1
Fat: 16
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 833 Calories from Fat: 700

% Daily Values*

Total Fat	79g	122%
Saturated Fat	36g	181%
Cholesterol	118mg	39%
Sodium	2315mg	96%
Total Carbohydrates	21g	7%
Dietary Fiber	1g	6%
Protein	13g	
Vitamin A		46%
Vitamin C		20%
Calcium		46%
Iron		5%

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