

# Cucumber-Yogurt Soup

*Stonyfield Farm*

*Brand Name Light & Natural Cookbook (1996)*

## Servings: 6

*4 medium to large cucumbers, peeled  
sprig fresh mint  
2 cups skim milk  
2 cups nonfat plain yogurt  
1 - 2 tablespoons honey  
1 teaspoon fresh dill, chopped  
2 - 3 scallions, chopped  
salt (to taste)  
pepper (to taste)*

Reserve a few cucumber slices and whole mint sprigs for garnish.

Chop the remaining cucumbers into large pieces. Puree in a blender or food processor with the remaining mint, milk, yogurt, honey, dill, scallions, salt and pepper.

Chill for several hours.

Serve cold, garnished with the reserved mint leaves and cucumber slices.

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Per Serving (excluding unknown items): 120 Calories; 1g Fat (3.9% calories from fat); 9g Protein; 21g Carbohydrate; 2g Dietary Fiber; 3mg Cholesterol; 105mg Sodium. Exchanges: 1 1/2 Vegetable; 1 Non-Fat Milk; 0 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	120
% Calories from Fat:	3.9%
% Calories from Carbohydrates:	68.6%
% Calories from Protein:	27.5%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	3mg
Carbohydrate (g):	21g
Dietary Fiber (g):	2g
	9g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	43mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

## Food Exchanges

Grain (Starch):	0
	0
	1

**Protein (g):**  
**Sodium (mg):** 105mg  
**Potassium (mg):** 635mg  
**Calcium (mg):** 284mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 13mg  
**Vitamin A (i.u.):** 625IU  
**Vitamin A (r.e.):** 95 1/2RE

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 120 Calories from Fat: 5

### % Daily Values\*

<b>Total Fat</b>	1g	1%
Saturated Fat	trace	1%
<b>Cholesterol</b>	3mg	1%
<b>Sodium</b>	105mg	4%
<b>Total Carbohydrates</b>	21g	7%
Dietary Fiber	2g	7%
<b>Protein</b>	9g	

<b>Vitamin A</b>	12%
<b>Vitamin C</b>	22%
<b>Calcium</b>	28%
<b>Iron</b>	4%

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