

Swirled Melon Soup

Southern Living - 1987 Annual Recipes

Yield: 9 cups

*6 1/2 cups (one large) cantaloupe,
coarsely chopped
1/4 cup sugar, divided
1/4 cup dry sherry, divided
1/4 cup orange juice, divided
6 1/2 cups (one medium) honeydew
melon, coarsely chopped
fresh mint sprigs (for garnish)*

Place the cantaloupe in the container of an electric blender or food processor. Add one-half of the sugar, one-half of the sherry and one-half of the orange juice. Process until very smooth.

Spoon the mixture into an airtight container. Chill at least three hours.

Place the honeydew melon in the container of the blender or food processor. Add the remaining sugar, sherry and orange juice. Process until very smooth.

Spoon the mixture into an airtight container. Chill at least three hours.

For each serving, pour equal amounts of both mixtures into individual bowls, pouring both at the same time.

Swirl the soup gently with a spoon.

Garnish with a mint sprig.

Per Serving (excluding unknown items): 4458 Calories; 18g Fat (3.4% calories from fat); 70g Protein; 1121g Carbohydrate; 79g Dietary Fiber; 0mg Cholesterol; 1162mg Sodium. Exchanges: 68 1/2 Fruit; 3 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	4458	Vitamin B6 (mg):	9.0mg
% Calories from Fat:	3.4%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates: 90.9%
 % Calories from Protein: 5.7%
 Total Fat (g): 18g
 Saturated Fat (g): 5g
 Monounsaturated Fat (g): trace
 Polyunsaturated Fat (g): 7g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 1121g
 Dietary Fiber (g): 79g
 Protein (g): 70g
 Sodium (mg): 1162mg
 Potassium (mg): 33793mg
 Calcium (mg): 905mg
 Iron (mg): 14mg
 Zinc (mg): 12mg
 Vitamin C (mg): 3608mg
 Vitamin A (i.u.): 119129IU
 Vitamin A (r.e.): 11953RE

Thiamin B1 (mg): 7.7mg
 Riboflavin B2 (mg): 2.2mg
 Folic Acid (mcg): 1143mcg
 Niacin (mg): 71mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 68
 % Daily Value

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 68 1/2
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 3 1/2

Nutrition Facts

Amount Per Serving

Calories 4458 Calories from Fat: 150

% Daily Values*

Total Fat	18g	28%
Saturated Fat	5g	23%
Cholesterol	0mg	0%
Sodium	1162mg	48%
Total Carbohydrates	1121g	374%
Dietary Fiber	79g	315%
Protein	70g	
Vitamin A		2383%
Vitamin C		6014%
Calcium		91%
Iron		76%

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