

# Winterfest Fruit Soup

*The Washington House Inn - Cedarburg, WI  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 6

*1 package (8 ounce) dried mixed fruit  
1 cup dried apricots  
1/2 cup raisins  
5 1/2 cups water, divided  
3 cinnamon sticks  
1/4 cup quick-cooking tapioca  
1 orange, sliced thin  
3/4 cup sugar  
1/3 cup currant jelly*

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In a three-quart pan, combine the mixed fruit, apricots, raisins, three cups of water and the cinnamon sticks. Cover and simmer until the fruit is plump.

Add the tapioca. Stir in. Cover and cook until the sauce is thickened and the fruit is tender.

Add 2-1/2 cups of water, orange, sugar and currant jelly. Cook until well blended and the tapioca is tender. Remove the cinnamon sticks. Serve warm.

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Per Serving (excluding unknown items): 300 Calories; trace Fat (1.3% calories from fat); 2g Protein; 79g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Fruit; 0 Fat; 2 1/2 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	300
% Calories from Fat:	1.3%
% Calories from Carbohydrates:	96.1%
% Calories from Protein:	2.6%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	79g
Dietary Fiber (g):	8g
Protein (g):	2g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0

**Sodium (mg):** 21mg  
**Potassium (mg):** 611mg  
**Calcium (mg):** 120mg  
**Iron (mg):** 4mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 15mg  
**Vitamin A (i.u.):** 2057IU  
**Vitamin A (r.e.):** 206RE

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 300 **Calories from Fat:** 4

### % Daily Values\*

**Total Fat** trace 1%  
     Saturated Fat trace 0%  
**Cholesterol** 0mg 0%  
**Sodium** 21mg 1%  
**Total Carbohydrates** 79g 26%  
     Dietary Fiber 8g 33%  
**Protein** 2g

**Vitamin A** 41%  
**Vitamin C** 25%  
**Calcium** 12%  
**Iron** 24%

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