

Gazpacho Blanco

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 4

1 pound seedless white grapes
3 cucumbers
1 shallot, sliced
1 small clove garlic, finely chopped
1/4 teaspoon salt
1/4 teaspoon white pepper
2 cups plain low-fat yogurt
5 to 8 drops hot red-pepper sauce

Preparation Time: 10 minutes

Wash and stem the grapes. Cut several grapes in half lengthwise and set them aside. Puree' the remaining grapes in a food processor or blender. Strain the puree' through a sieve and return it to the food processor or blender.

Cut several very thin slices from the center of a cucumber and set them aside. Peel the cucumbers, halve them lengthwise and seed them. Cut the cucumbers into thick slices and add them to the grape puree' in the processor or blender. Add the shallot, garlic, salt and pepper. Briefly process the mixture until the cucumbers are reduced to fine pieces.

Pour the mixture into a chilled serving bowl and whisk in the yogurt and red-pepper sauce. Cover the soup and refrigerate it until it is well chilled - about 30 minutes.

Serve the soup in chilled bowls, garnished with the reserved cucumber slices and grape halves.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 110 Calories; 2g Fat (17.2% calories from fat); 8g Protein; 16g Carbohydrate; 2g Dietary Fiber; 7mg Cholesterol; 224mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

% Calories from Fat:	17.2%
% Calories from Carbohydrates:	54.5%
% Calories from Protein:	28.3%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	7mg
Carbohydrate (g):	16g
Dietary Fiber (g):	2g
Protein (g):	8g
Sodium (mg):	224mg
Potassium (mg):	623mg
Calcium (mg):	259mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	13mg
Vitamin A (i.u.):	878IU
Vitamin A (r.e.):	103RE

Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	44mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 110 Calories from Fat: 19

		% Daily Values*
Total Fat	2g	3%
Saturated Fat	1g	7%
Cholesterol	7mg	2%
Sodium	224mg	9%
Total Carbohydrates	16g	5%
Dietary Fiber	2g	7%
Protein	8g	
Vitamin A		18%
Vitamin C		22%
Calcium		26%
Iron		4%

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