

Peach-Plum Soup

Louise Walker - Lexington, TN
Southern Living - 1987 Annual Recipes

Yield: 6 cups

1/2 pound fresh peaches, peeled and sliced

1/2 pound fresh plums, peeled and sliced

1 cup + 2 tablespoons sugar

1 stick (two-inch) cinnamon

1 3/4 cups water

2 cups Burgundy wine

1 teaspoon arrowroot

1/4 cup water

1/2 cup whipping cream, whipped

In a Dutch oven, combine the peaches, plums, sugar, cinnamon, 1-3/4 cup water and wine. Bring to a boil. Reduce the heat. Simmer for 10 minutes or until the fruit is tender.

Spoon two cups of the fruit mixture into the container of an electric blender. Process until smooth. Repeat with the remaining mixture.

Return the fruit to the Dutch oven. Bring to a boil.

In a bowl, combine the arrowroot and 1/4 cup of water. Stir into the soup. Boil for 1 minute, stirring constantly.

Garnish the soup with whipped cream.

Per Serving (excluding unknown items): 1286 Calories; 44g Fat (29.9% calories from fat); 4g Protein; 230g Carbohydrate; 7g Dietary Fiber; 163mg Cholesterol; 61mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Fruit; 1/2 Non-Fat Milk; 9 Fat; 13 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 1286 |
| % Calories from Fat: | 29.9% |
| % Calories from Carbohydrates: | 68.9% |
| % Calories from Protein: | 1.2% |
| Total Fat (g): | 44g |
| Saturated Fat (g): | 27g |
| Monounsaturated Fat (g): | 13g |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | .1mg |
| Vitamin B12 (mcg): | .2mcg |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | .2mg |
| Folacin (mcg): | 12mcg |
| Niacin (mg): | 2mg |
| Caffeine (mg): | 0mg |

| | |
|--------------------------|--------|
| Polyunsaturated Fat (g): | 2g |
| Cholesterol (mg): | 163mg |
| Carbohydrate (g): | 230g |
| Dietary Fiber (g): | 7g |
| Protein (g): | 4g |
| Sodium (mg): | 61mg |
| Potassium (mg): | 468mg |
| Calcium (mg): | 180mg |
| Iron (mg): | 3mg |
| Zinc (mg): | 1mg |
| Vitamin C (mg): | 14mg |
| Vitamin A (i.u.): | 2690IU |
| Vitamin A (r.e.): | 596RE |

| | |
|-----------------|------|
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

Food Exchanges

| | |
|----------------------|--------|
| Grain (Starch): | 1/2 |
| Lean Meat: | 0 |
| Vegetable: | 0 |
| Fruit: | 1 |
| Non-Fat Milk: | 1/2 |
| Fat: | 9 |
| Other Carbohydrates: | 13 1/2 |

Nutrition Facts

Amount Per Serving

| | | |
|----------|------|------------------------|
| Calories | 1286 | Calories from Fat: 385 |
|----------|------|------------------------|

% Daily Values*

| | | |
|----------------------------|-------|------|
| Total Fat | 44g | 68% |
| Saturated Fat | 27g | 137% |
| Cholesterol | 163mg | 54% |
| Sodium | 61mg | 3% |
| Total Carbohydrates | 230g | 77% |
| Dietary Fiber | 7g | 29% |
| Protein | 4g | |
| Vitamin A | | 54% |
| Vitamin C | | 23% |
| Calcium | | 18% |
| Iron | | 16% |

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