

Cream of Carrot Soup

What's Cooking II
North American Institute of Modern Cuisine

Servings: 6

6 tablespoons unsalted butter
2 cups carrots, diced
1/2 cup leeks, minced
1/4 onion, minced
10 cups chicken broth
1/4 cup rice flour OR potato flour
salt (to taste)
1/2 teaspoon pepper

In a saucepan, melt half the butter. Cook the vegetables until tender but not browned. Add the chicken broth. Bring to a boil and cover. Over low heat, simmer for one hour.

In a bowl, pour one cup of hot broth. Blend in the rice flour. Let stand to cool. Pour slowly into the soup, stirring constantly.

In a blender, puree the soup. Return to the saucepan. Adjust the seasoning. Simmer for 1 to 2 minutes until creamy smooth. Dot with the remaining butter. Serve hot.

Per Serving (excluding unknown items): 191 Calories; 14g Fat (65.8% calories from fat); 9g Protein; 7g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 1290mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 2 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	191
% Calories from Fat:	65.8%
% Calories from Carbohydrates:	15.7%
% Calories from Protein:	18.6%
Total Fat (g):	14g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	31mg
Carbohydrate (g):	7g
Dietary Fiber (g):	2g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	20mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 9g
Sodium (mg): 1290mg
Potassium (mg): 509mg
Calcium (mg): 37mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 12496IU
Vitamin A (r.e.): 1313RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 191 Calories from Fat: 125

% Daily Values*

Total Fat	14g	21%
Saturated Fat	8g	39%
Cholesterol	31mg	10%
Sodium	1290mg	54%
Total Carbohydrates	7g	2%
Dietary Fiber	2g	6%
Protein	9g	

Vitamin A	250%
Vitamin C	9%
Calcium	4%
Iron	7%

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