

# Cream of Potato Soup II

*What's Cooking II*  
*North American Institute of Modern Cuisine*

## Servings: 4

*3 cups water*  
*3 cups potatoes, peeled and diced*  
*2 slices onion*  
*2 tablespoons butter*  
*3 tablespoons flour*  
*2 cups condensed milk*  
*1/2 teaspoon celery salt*  
*salt and pepper*  
*1 tablespoon parsley, chopped*

In a large saucepan, combine the water, potatoes and onion. Cook until the vegetables are tender.

Strain the vegetables, reserving two cups of the cooking liquid. Pass the vegetables through a sieve in order to obtain two cups of pulp. Set aside.

In a double-boiler, melt the butter. Sprinkle with the flour. Mix until well blended. Slowly fold in the milk and reserved cooking liquid. Simmer until the mixture thickens.

Add the vegetable pulp, stirring constantly. Season to taste with salt and pepper.

Sprinkle with parsley. Serve very hot.

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Per Serving (excluding unknown items): 183 Calories; 6g Fat (29.0% calories from fat); 4g Protein; 30g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 271mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 1 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	183	Vitamin B6 (mg):	.4mg
% Calories from Fat:	29.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	63.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	7.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	28mcg
Saturated Fat (g):	4g	Niacin (mg):	2mg

**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 16mg  
**Carbohydrate (g):** 30g  
**Dietary Fiber (g):** 3g  
**Protein (g):** 4g  
**Sodium (mg):** 271mg  
**Potassium (mg):** 713mg  
**Calcium (mg):** 26mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 27mg  
**Vitamin A (i.u.):** 265IU  
**Vitamin A (r.e.):** 58 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 183 Calories from Fat: 53

### % Daily Values\*

<b>Total Fat</b>	6g	9%
Saturated Fat	4g	18%
<b>Cholesterol</b>	16mg	5%
<b>Sodium</b>	271mg	11%
<b>Total Carbohydrates</b>	30g	10%
Dietary Fiber	3g	12%
<b>Protein</b>	4g	
<b>Vitamin A</b>		5%
<b>Vitamin C</b>		45%
<b>Calcium</b>		3%
<b>Iron</b>		7%

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