

Cream of Tomato Soup

Lena Nix

Gourmet Eating in South Carolina - (1985)

2 1/2 cups tomato puree'
1 small can tomato paste
3/4 cup water
2 cups milk
1 1/2 cups shredded yellow cheese
2 cubes chicken bouillon

In a soup pot, combine the water, tomato puree',
tomato paste, milk and cheese.

In a bowl, dissolve the bouillon cubes in 3/4 cup
of hot water. Add to the tomato mixture.

Cook over a low heat until the cheese melts.

Per Serving (excluding unknown
items): 451 Calories; 19g Fat
(36.7% calories from fat); 24g
Protein; 51g Carbohydrate; 5g
Dietary Fiber; 66mg Cholesterol;
4246mg Sodium. Exchanges: 5
Vegetable; 2 Non-Fat Milk; 3 Fat.

Copyright: Hope Center for the
Retarded, Inc. - Charleston, SC

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	451	Vitamin B6 (mg):	.7mg
% Calories from Fat:	36.7%	Vitamin B12 (mcg):	1.8mcg
% Calories from Carbohydrates:	43.3%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	20.0%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	19g	Folacin (mcg):	59mcg
Saturated Fat (g):	11g	Niacin (mg):	5mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	66mg	% Refuse:	0 0%
Carbohydrate (g):	51g		
Dietary Fiber (g):	5g	Food Exchanges	
Protein (g):	24g	Grain (Starch):	0
Sodium (mg):	4246mg	Lean Meat:	0
Potassium (mg):	2016mg	Vegetable:	5
Calcium (mg):	661mg	Fruit:	0
Iron (mg):	3mg	Non-Fat Milk:	2
		Fat:	3

Zinc (mg): 3mg
 Vitamin C (mg): 60mg
 Vitamin A (i.u.): 3896IU
 Vitamin A (r.e.): 529 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 451 Calories from Fat: 166

% Daily Values*

Total Fat	19g	30%
Saturated Fat	11g	54%
Cholesterol	66mg	22%
Sodium	4246mg	177%
Total Carbohydrates	51g	17%
Dietary Fiber	5g	21%
Protein	24g	
<hr/>		
Vitamin A		78%
Vitamin C		100%
Calcium		66%
Iron		16%

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