

Cream of Turnip Soup

What's Cooking II
North American Institute of Modern Cuisine

Servings: 4

1 1/2 cups turnips, diced
1 cup potatoes, peeled and diced
2 cups water
1 bay leaf
salt and pepper
1 egg yolk
1/4 cup light cream
fresh parsley sprigs

In a saucepan, cover the vegetables with water. Bring to a rolling boil.. Season with the bay leaf, salt and pepper. Reduce the heat and simmer for 10 minutes. Remove the bay leaf.

In a blender, puree' the mixture. Return to the saucepan. Set aside.

In a bowl, beat together the egg yolk and cream. Fold into the vegetables. Over low heat, while stirring, reheat without boiling.

Garnish with parsley sprigs and serve.

Per Serving (excluding unknown items): 87 Calories; 4g Fat (42.9% calories from fat); 2g Protein; 10g Carbohydrate; 1g Dietary Fiber; 63mg Cholesterol; 46mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	87
% Calories from Fat:	42.9%
% Calories from Carbohydrates:	46.7%
% Calories from Protein:	10.4%
Total Fat (g):	4g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	63mg
Carbohydrate (g):	10g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	18mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
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Protein (g): 2g
Sodium (mg): 46mg
Potassium (mg): 320mg
Calcium (mg): 40mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 18mg
Vitamin A (i.u.): 190IU
Vitamin A (r.e.): 51 1/2RE

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 87 Calories from Fat: 37

% Daily Values*

Total Fat	4g	7%
Saturated Fat	2g	11%
Cholesterol	63mg	21%
Sodium	46mg	2%
Total Carbohydrates	10g	3%
Dietary Fiber	1g	6%
Protein	2g	
Vitamin A		4%
Vitamin C		30%
Calcium		4%
Iron		3%

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