

# Creamy Winter Vegetable Soup

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

## Servings: 6

*1 tablespoon butter*  
*1/2 cup carrots, diced*  
*1/2 cup turnip, diced*  
*1/2 cup potatoes, peeled and diced*  
*1/2 cup celery, diced*  
*1/2 cup chicken broth*  
*1 1/2 cups milk*  
*1/4 teaspoon nutmeg*  
*salt and pepper*  
*1 tablespoon sugar*  
*1 egg yolk*  
*chervil, chopped*

In a saucepan, melt the butter. Stirring often, cook the vegetables for 4 to 5 minutes.

Add the chicken broth, milk, nutmeg, salt, pepper and sugar. Bring to a boil and cover. Over low heat, simmer for 20 minutes, stirring occasionally.

In a blender, puree the mixture. Return to the saucepan. Reheat.

In a bowl, beat the egg yolk. Fold into the soup.

Sprinkle with chervil. Serve.

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Per Serving (excluding unknown items): 95 Calories; 5g Fat (46.6% calories from fat); 3g Protein; 9g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 135mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	95
% Calories from Fat:	46.6%
% Calories from Carbohydrates:	39.2%
% Calories from Protein:	14.2%
Total Fat (g):	5g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	49mg
Carbohydrate (g):	9g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	15mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Dietary Fiber (g): 1g  
 Protein (g): 3g  
 Sodium (mg): 135mg  
 Potassium (mg): 265mg  
 Calcium (mg): 89mg  
 Iron (mg): trace  
 Zinc (mg): trace  
 Vitamin C (mg): 7mg  
 Vitamin A (i.u.): 3230IU  
 Vitamin A (r.e.): 360RE

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 95      Calories from Fat: 44

### % Daily Values\*

<b>Total Fat</b>	5g	8%
Saturated Fat	3g	14%
<b>Cholesterol</b>	49mg	16%
<b>Sodium</b>	135mg	6%
<b>Total Carbohydrates</b>	9g	3%
Dietary Fiber	1g	4%
<b>Protein</b>	3g	

<b>Vitamin A</b>	65%
<b>Vitamin C</b>	12%
<b>Calcium</b>	9%
<b>Iron</b>	2%

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