

Brandied Pumpkin Soup

The Inn at Levelfields - Lancaster, VA
The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 8 cups

1/4 cup butter
1/2 cup onion, finely chopped
1/4 teaspoon ground ginger
1/4 teaspoon ground nutmeg
3 1/2 cups chicken broth
2 1/2 cups canned pumpkin puree'
1 cup half-and-half
2 tablespoons brandy
salt (to taste)
croutons (for garnish)

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In a pot, melt the butter. Add the onion and cook until translucent.

Blend in the ginger, nutmeg and chicken broth. Bring to a boil. Blend in the pumpkin and half-and-half.

Reduce the heat. Cook until the soup is thoroughly heated, stirring occasionally.

Blend in the brandy. Season to taste with salt and pepper.

Serve hot with a crouton for garnish.

Per Serving (excluding unknown items): 644 Calories; 51g Fat (79.8% calories from fat); 18g Protein; 11g Carbohydrate; 2g Dietary Fiber; 124mg Cholesterol; 3142mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 9 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	644	Vitamin B6 (mg):	.2mg
% Calories from Fat:	79.8%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	7.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	12.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	51g	Folacin (mcg):	34mcg
Saturated Fat (g):	30g	Niacin (mg):	12mg
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	68
Cholesterol (mg):	124mg	% Refuse:	0.0%
Carbohydrate (g):	11g		

Food Exchanges

Dietary Fiber (g): 2g
 Protein (g): 18g
 Sodium (mg): 3142mg
 Potassium (mg): 871mg
 Calcium (mg): 65mg
 Iron (mg): 2mg
 Zinc (mg): 1mg
 Vitamin C (mg): 5mg
 Vitamin A (i.u.): 1735IU
 Vitamin A (r.e.): 429 1/2RE

Grain (Starch): 0
 Lean Meat: 1 1/2
 Vegetable: 1
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 9
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 644 Calories from Fat: 514

% Daily Values*

Total Fat	51g	79%
Saturated Fat	30g	151%
Cholesterol	124mg	41%
Sodium	3142mg	131%
Total Carbohydrates	11g	4%
Dietary Fiber	2g	6%
Protein	18g	

Vitamin A	35%
Vitamin C	9%
Calcium	6%
Iron	12%

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