

# Canadian Cheese Soup II

Mrs. Fred Parnell

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 4

1 large potato, finely diced  
1 large onion, finely diced  
1/4 cup celery, finely diced  
1/4 cup carrots, finely diced  
1 cup water  
2 cups chicken broth  
1/4 pound (one cup) sharp Cheddar cheese, grated  
1/2 cup breakfast cream  
salt (to taste)  
Tabasco sauce (to taste)  
2 tablespoons parsley, chopped

In a 1-1/2-quart covered saucepan, simmer the potato, onion, celery and carrots in water until tender, about 15 to 20 minutes.

Add the broth, cheese, cream, salt and Tabasco.

Heat, do not boil, the soup.

Serve garnished with parsley.

Per Serving (excluding unknown items): 88 Calories; 3g Fat (32.1% calories from fat); 5g Protein; 10g Carbohydrate; 1g Dietary Fiber; 7mg Cholesterol; 440mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	88
% Calories from Fat:	32.1%
% Calories from Carbohydrates:	43.7%
% Calories from Protein:	24.2%
Total Fat (g):	3g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	7mg
Carbohydrate (g):	10g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	19mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

## Food Exchanges

Grain (Starch):	1/2
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**Protein (g):** 5g  
**Sodium (mg):** 440mg  
**Potassium (mg):** 377mg  
**Calcium (mg):** 73mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 12mg  
**Vitamin A (i.u.):** 2443IU  
**Vitamin A (r.e.):** 259RE

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 88 Calories from Fat: 28

### % Daily Values\*

<b>Total Fat</b>	3g	5%
Saturated Fat	2g	9%
<b>Cholesterol</b>	7mg	2%
<b>Sodium</b>	440mg	18%
<b>Total Carbohydrates</b>	10g	3%
Dietary Fiber	1g	6%
<b>Protein</b>	5g	

<b>Vitamin A</b>	49%
<b>Vitamin C</b>	19%
<b>Calcium</b>	7%
<b>Iron</b>	4%

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