

Corn Soup

*Ann Elsie Schmetzer - Madisonville, KY
Southern Living - 1987 Annual Recipes*

Yield: 5 cups

2 cups corn, cut from the cob and the cobs scraped.

1 cup water

2 cups milk

1 teaspoon sugar

1 teaspoon salt

1/4 teaspoon white pepper

2 tablespoons butter or margarine

6 slices bacon, cooked and crumbled

chopped fresh parsley (for garnish)

chopped green onions (for garnish)

In a heavy saucepan, combine the corn and water. Bring to a boil. Reduce the heat. Simmer for 10 minutes, stirring often.

Add the milk, sugar, salt, pepper and butter. Heat thoroughly.

Stir in the bacon.

Garnish each serving with parsley and green onions.

Per Serving (excluding unknown items): 1007 Calories; 62g Fat (52.7% calories from fat); 38g Protein; 87g Carbohydrate; 9g Dietary Fiber; 161mg Cholesterol; 3265mg Sodium. Exchanges: 4 Grain(Starch); 1 1/2 Lean Meat; 2 Non-Fat Milk; 10 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	1007
% Calories from Fat:	52.7%
% Calories from Carbohydrates:	32.9%
% Calories from Protein:	14.4%
Total Fat (g):	62g
Saturated Fat (g):	32g
Monounsaturated Fat (g):	21g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	161mg
Carbohydrate (g):	87g
Dietary Fiber (g):	9g
Protein (g):	38g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	2.4mcg
Thiamin B1 (mg):	1.0mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	169mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	4
Lean Meat:	1 1/2

Sodium (mg): 3265mg
Potassium (mg): 1770mg
Calcium (mg): 620mg
Iron (mg): 3mg
Zinc (mg): 5mg
Vitamin C (mg): 39mg
Vitamin A (i.u.): 2354IU
Vitamin A (r.e.): 487RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 2
Fat: 10
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 1007 **Calories from Fat:** 531

% Daily Values*

Total Fat	62g	95%
Saturated Fat	32g	158%
Cholesterol	161mg	54%
Sodium	3265mg	136%
Total Carbohydrates	87g	29%
Dietary Fiber	9g	34%
Protein	38g	
Vitamin A		47%
Vitamin C		64%
Calcium		62%
Iron		14%

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