

# Fennel Soup

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

## Servings: 6

*1/2 cup onions*  
*1 cup carrots*  
*1 cup fennel bulb*  
*2 potatoes, peeled*  
*1/4 cup butter*  
*4 cups chicken or beef broth*  
*salt and pepper*  
*milk*  
*2 tablespoons chives, chopped*

Coarsely chop the vegetables. Set aside, reserving the potatoes separately.

In a saucepan, melt the butter. Add the vegetables, except the potatoes. Over low heat, cook for 15 to 20 minutes until tender but not browned.

Add the broth and potatoes. Season to taste with salt and pepper. Bring to a boil and cover. Over low heat, simmer until the potatoes are tender.

In a blender, puree the mixture. Add enough milk to make a thick, creamy soup. Return to the saucepan. Reheat without boiling.

Sprinkle with chopped chives. Serve.

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Per Serving (excluding unknown items): 119 Calories; 8g Fat (57.0% calories from fat); 2g Protein; 12g Carbohydrate; 2g Dietary Fiber; 21mg Cholesterol; 96mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	119	Vitamin B6 (mg):	.2mg
% Calories from Fat:	57.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	38.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	8g	Folacin (mcg):	16mcg
Saturated Fat (g):	5g	Niacin (mg):	1mg

**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 21mg  
**Carbohydrate (g):** 12g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 2g  
**Sodium (mg):** 96mg  
**Potassium (mg):** 376mg  
**Calcium (mg):** 22mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 13mg  
**Vitamin A (i.u.):** 6380IU  
**Vitamin A (r.e.):** 680 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 119 Calories from Fat: 68

### % Daily Values\*

<b>Total Fat</b>	8g	12%
Saturated Fat	5g	24%
<b>Cholesterol</b>	21mg	7%
<b>Sodium</b>	96mg	4%
<b>Total Carbohydrates</b>	12g	4%
Dietary Fiber	2g	8%
<b>Protein</b>	2g	
<b>Vitamin A</b>		128%
<b>Vitamin C</b>		22%
<b>Calcium</b>		2%
<b>Iron</b>		3%

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