

Green Soup

What's Cooking II
North American Institute of Modern Cuisine

Servings: 6

6 cups chicken broth
4 carrots, peeled and coarsely chopped
3 leeks (whites only), washed and chopped
1 onion, chopped
2 cups fresh spinach, chopped
1 head lettuce, chopped
4 potatoes, peeled and diced
2 turnips, peeled and chopped
1 parsnip, peeled and chopped
salt and fresh ground pepper
1 cup skim milk
2 shallots (optional), chopped

In a saucepan, heat the broth. Add the vegetables. Bring to a boil and cover. Over low heat, simmer for 20 minutes or until the vegetables are tender. Let stand to cool slightly.

In a blender, puree the mixture. Season to taste with salt and pepper. Return the soup to the saucepan. Reheat.

Pour into a soup tureen. Swirl the milk into the mixture.

Sprinkle with the chopped shallots, if desired.

Serve.

Per Serving (excluding unknown items): 188 Calories; 2g Fat (8.6% calories from fat); 10g Protein; 34g Carbohydrate; 6g Dietary Fiber; 1mg Cholesterol; 846mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Non-Fat Milk.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	188	Vitamin B6 (mg):	.4mg
% Calories from Fat:	8.6%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	70.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	20.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	2g	Folacin (mcg):	83mcg
Saturated Fat (g):	trace	Niacin (mg):	6mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	1mg	% Refuse:	0.00%

Carbohydrate (g):	34g
Dietary Fiber (g):	6g
Protein (g):	10g
Sodium (mg):	846mg
Potassium (mg):	1199mg
Calcium (mg):	124mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	42mg
Vitamin A (i.u.):	14434IU
Vitamin A (r.e.):	1459 1/2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	188	Calories from Fat: 16
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	2%
Cholesterol	1mg	0%
Sodium	846mg	35%
Total Carbohydrates	34g	11%
Dietary Fiber	6g	24%
Protein	10g	

Vitamin A	289%
Vitamin C	69%
Calcium	12%
Iron	12%

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