

Mulligatwny Soup

Colleen Fitzgerald

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 5

1 medium onion, sliced
1/4 cup butter
1 medium carrot, sliced
1 stalk celery, diced
1/2 green pepper, finely diced
1 medium apple, finely sliced
1 cup cooked chicken, cut into bite-size chunks
1/3 cup all-purpose flour
1/2 teaspoon curry powder
2 cups chicken broth
1 cup canned stewed tomatoes
salt (to taste)
pepper (to taste)
parsley (to taste)

In a soup kettle, saute' the onion in butter until it becomes tender and translucent.

Add the carrots, celery, green pepper, apple and chicken.

Gradually stir in the flour and curry powder.

Continuing to stir constantly, add the broth, tomatoes, salt, pepper and parsley.

Bring to a boil. Reduce the heat and simmer, covered, for 20 to 30 minutes.

Per Serving (excluding unknown items): 211 Calories; 11g Fat (48.0% calories from fat); 12g Protein; 15g Carbohydrate; 2g Dietary Fiber; 49mg Cholesterol; 434mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	211	Vitamin B6 (mg):	.3mg
% Calories from Fat:	48.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	29.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	23.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	11g	Folacin (mcg):	28mcg
Saturated Fat (g):	6g	Niacin (mg):	6mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	49mg
Carbohydrate (g):	15g
Dietary Fiber (g):	2g
Protein (g):	12g
Sodium (mg):	434mg
Potassium (mg):	324mg
Calcium (mg):	27mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	16mg
Vitamin A (i.u.):	4508IU
Vitamin A (r.e.):	503 1/2RE

% Daily Values*

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 211 Calories from Fat: 101

% Daily Values*

Total Fat 11g	17%
Saturated Fat 6g	31%
Cholesterol 49mg	16%
Sodium 434mg	18%
Total Carbohydrates 15g	5%
Dietary Fiber 2g	9%
Protein 12g	

Vitamin A	90%
Vitamin C	26%
Calcium	3%
Iron	7%

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