

Old Fashion Potato Soup

Gourmet Eating in South Carolina - (1985)

6 - 8 potatoes, peeled and diced
2 onions, chopped
2 ribs celery, chopped
1 tablespoon parsley flakes
4 cubes chicken bouillon
5 cups water
1/2 tablespoon salt (more, if desired)
pepper (to taste)
1/2 cup margarine
1 can (13 ounce) evaporated milk
chopped chives (for topping)

In the bowl of a slow cooker, mix all of the ingredients.

Cook on LOW heat for ten to twelve hours.

Serve topped with chopped chives.

Per Serving (excluding unknown items): 1913 Calories; 116g Fat (53.3% calories from fat); 42g Protein; 186g Carbohydrate; 17g Dietary Fiber; 74mg Cholesterol; 7422mg Sodium. Exchanges: 9 Grain(Starch); 4 Vegetable; 2 Non-Fat Milk; 21 1/2 Fat.

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Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	1913	Vitamin B6 (mg):	2.3mg
% Calories from Fat:	53.3%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	38.1%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	8.6%	Riboflavin B2 (mg):	1.3mg
Total Fat (g):	116g	Folacin (mcg):	189mcg
Saturated Fat (g):	29g	Niacin (mg):	13mg
Monounsaturated Fat (g):	51g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	30g	Alcohol (kcal):	0
Cholesterol (mg):	74mg	% Refuse:	0.0%
Carbohydrate (g):	186g		
Dietary Fiber (g):	17g		
Protein (g):	42g		

Food Exchanges

Grain (Starch):	9
Lean Meat:	0

Sodium (mg): 7422mg
Potassium (mg): 5459mg
Calcium (mg): 900mg
Iron (mg): 7mg
Zinc (mg): 6mg
Vitamin C (mg): 169mg
Vitamin A (i.u.): 5299IU
Vitamin A (r.e.): 1146RE

Vegetable: 4
Fruit: 0
Non-Fat Milk: 2
Fat: 21 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1913 **Calories from Fat:** 1021

% Daily Values*

Total Fat 116g	178%
Saturated Fat 29g	143%
Cholesterol 74mg	25%
Sodium 7422mg	309%
Total Carbohydrates 186g	62%
Dietary Fiber 17g	68%
Protein 42g	

Vitamin A	106%
Vitamin C	281%
Calcium	90%
Iron	40%

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