

Pumpkin Soup II

What's Cooking II

North American Institute of Modern Cuisine

Servings: 4

2 tablespoons butter
2 tablespoons flour
1 stalk celery, diced
1 potato, peeled and diced
1 onion, chopped
1 cup pumpkin pulp, diced
1 cup chicken broth
1 tablespoon lemon juice
3 drops Tabasco sauce
1/4 teaspoon paprika
pinch nutmeg
1/4 teaspoon ground clove
1 cup milk
salt and pepper
1/4 cup heavy cream

In a saucepan, melt the butter. Sprinkle with the flour and make a roux. Add the vegetables and pumpkin, mixing well. Fold in the remaining ingredients, except the cream. Over low heat, simmer until the potato is cooked.

In a blender, puree the mixture. Fold in the cream, mixing well.

Serve hot.

Variation: Refrigerate the puree. Once cold, fold in the cream. Serve chilled.

Per Serving (excluding unknown items): 201 Calories; 14g Fat (60.5% calories from fat); 5g Protein; 15g Carbohydrate; 1g Dietary Fiber; 44mg Cholesterol; 297mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 2 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	201	Vitamin B6 (mg):	.2mg
% Calories from Fat:	60.5%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	29.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	14g	Folacin (mcg):	19mcg
Saturated Fat (g):	8g	Niacin (mg):	2mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

Cholesterol (mg):	44mg
Carbohydrate (g):	15g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	297mg
Potassium (mg):	408mg
Calcium (mg):	100mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	11mg
Vitamin A (i.u.):	615IU
Vitamin A (r.e.):	149 1/2RE

% Daily Value 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 201 Calories from Fat: 122

% Daily Values*

Total Fat 14g	21%
Saturated Fat 8g	42%
Cholesterol 44mg	15%
Sodium 297mg	12%
Total Carbohydrates 15g	5%
Dietary Fiber 1g	5%
Protein 5g	
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Vitamin A	12%
Vitamin C	19%
Calcium	10%
Iron	4%

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