

Touched By Gold Consomme'

Ursula Bartosik

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

Servings: 8

2 cans (10-1/2 ounce) beef broth

2 cups tomato juice

2 tablespoons lemon juice

1/2 teaspoon salt

1/8 teaspoon white pepper

1/4 cup Galliano liqueur

In a small saucepan, combine the broth, tomato juice, lemon juice, salt and pepper. Bring to a boil.

Stir in the Galliano. Simmer for 3 minutes.

Serve piping hot.

Per Serving (excluding unknown items): 26 Calories; trace Fat (1.1% calories from fat); 3g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 673mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	26	Vitamin B6 (mg):	.1mg
% Calories from Fat:	1.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	54.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	44.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	14mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	1/2
Sodium (mg):	673mg	Vegetable:	1/2
Potassium (mg):	216mg	Fruit:	0
Calcium (mg):	11mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0

Zinc (mg): trace
Vitamin C (mg): 13mg
Vitamin A (i.u.): 340IU
Vitamin A (r.e.): 34RE

Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 26 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	673mg	28%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	3%
Protein	3g	

Vitamin A	7%
Vitamin C	22%
Calcium	1%
Iron	3%

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