

# Carrot Vichyssoise

*The Old Yacht Club Inn - Santa Barbara, CA*  
*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 6

*4 large carrots, cut into four pieces*  
*1 onion, cut into four pieces*  
*2 potatoes, peeled and cut into four pieces*  
*4 cups chicken broth*  
*1 teaspoon salt*  
*2 cups heavy cream*  
*1/2 teaspoon white pepper*  
*1/8 teaspoon cayenne pepper*  
*fresh mint leaves (for garnish)*

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Place the carrots, onion and potatoes in a food processor. Process on and off until the vegetables are finely diced. Place the vegetables in a large, heavy Dutch oven and pour in the chicken broth and salt. Bring to a boil and cook over medium heat for 25 minutes.

Drain the vegetables and pour the broth into a large bowl. Return the vegetables to the processor and puree' until smooth.

Add the vegetables to the broth. Whisk in the cream. Stir well to mix. Add the white pepper and cayenne pepper. Taste to adjust the seasoning.

Chill well.

Serve with minced fresh mint leaves sprinkled on top.

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Per Serving (excluding unknown items): 360 Calories; 30g Fat (74.7% calories from fat); 6g Protein; 17g Carbohydrate; 2g Dietary Fiber; 109mg Cholesterol; 914mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 6 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	360	Vitamin B6 (mg):	.2mg
% Calories from Fat:	74.7%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	18.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.0%	Riboflavin B2 (mg):	.2mg

**Total Fat (g):** 30g  
**Saturated Fat (g):** 19g  
**Monounsaturated Fat (g):** 9g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 109mg  
**Carbohydrate (g):** 17g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 6g  
**Sodium (mg):** 914mg  
**Potassium (mg):** 603mg  
**Calcium (mg):** 80mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 14mg  
**Vitamin A (i.u.):** 14683IU  
**Vitamin A (r.e.):** 1685RE

**Folacin (mcg):** 22mcg  
**Niacin (mg):** 3mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Daily Values\***

## Food Exchanges

**Grain (Starch):** 1/2  
**Lean Meat:** 1/2  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 6  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 360 Calories from Fat: 269

### % Daily Values\*

<b>Total Fat</b>	30g	47%
Saturated Fat	19g	93%
<b>Cholesterol</b>	109mg	36%
<b>Sodium</b>	914mg	38%
<b>Total Carbohydrates</b>	17g	6%
Dietary Fiber	2g	10%
<b>Protein</b>	6g	
<b>Vitamin A</b>		294%
<b>Vitamin C</b>		24%
<b>Calcium</b>		8%
<b>Iron</b>		5%

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