

# Pumpkin Vichyssoise

Holly Inn - Pinehurst, NC

*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 20

butter

1 medium pumpkin, peeled, seeded  
and cubed

1 bunch leeks, trimmed and sliced

2 chef's potatoes, peeled and sliced

2 cups chicken stock

2 quarts heavy cream

nutmeg (for garnish)

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In a saucepan with a small amount of butter,  
saute' the leeks. Add the pumpkin, potatoes and  
stock to cover.

Boil until the vegetables are very tender. Let  
cool.

Puree' in batches in a food processor or blender.  
Pass through a strainer or sieve.

Add the cream and blend well.

Chill.

Pour into bowls and sprinkle with nutmeg.

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Per Serving (excluding unknown  
items): 335 Calories; 35g Fat  
(93.1% calories from fat); 2g  
Protein; 4g Carbohydrate; trace  
Dietary Fiber; 131mg Cholesterol;  
251mg Sodium. Exchanges: 0  
Grain(Starch); 0 Vegetable; 1/2  
Non-Fat Milk; 7 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	335
% Calories from Fat:	93.1%
% Calories from Carbohydrates:	4.4%
% Calories from Protein:	2.5%
Total Fat (g):	35g
Saturated Fat (g):	22g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	131mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	8mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	251mg
Potassium (mg):	108mg
Calcium (mg):	66mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	1496IU
Vitamin A (r.e.):	410 1/2RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	7
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 20

### Amount Per Serving

<b>Calories</b>	335	Calories from Fat: 311
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### % Daily Values\*

<b>Total Fat</b>	35g	54%
Saturated Fat	22g	110%
<b>Cholesterol</b>	131mg	44%
<b>Sodium</b>	251mg	10%
<b>Total Carbohydrates</b>	4g	1%
Dietary Fiber	trace	0%
<b>Protein</b>	2g	

<b>Vitamin A</b>	30%
<b>Vitamin C</b>	3%
<b>Calcium</b>	7%
<b>Iron</b>	2%

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