

Cream of Lettuce Soup

What's Cooking II
North American Institute of Modern Cuisine

Servings: 6

3 tablespoons butter
2 onions, chopped
3 cups faded lettuce, hand torn
3 tablespoons rice, cooked
10 ounces frozen green peas
4 cups chicken broth
1 tablespoon dill, chopped
salt and pepper
pinch nutmeg
peel of 1/2 lemon, grated
1 cup heavy cream
1 lemon, thinly sliced
fresh dill sprigs

In a saucepan, melt the butter. Saute' the onions. While stirring, add the lettuce. Continue cooking until limp.

Fold in the rice, peas and broth. Season with dill, salt, pepper, nutmeg and lemon peel. Bring to a boil and cover. Over low heat, simmer for 20 minutes.

In a blender, puree' the mixture. Return to the saucepan and reheat. Fold in the cream

Garnish with thin lemon slices and dill sprigs. Serve.

Variation: Without reheating, refrigerate the puree'd vegetables for one hour. Add cream and garnish. serve chilled.

Per Serving (excluding unknown items): 288 Calories; 22g Fat (66.2% calories from fat); 8g Protein; 17g Carbohydrate; 3g Dietary Fiber; 70mg Cholesterol; 638mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 4 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	288
% Calories from Fat:	66.2%
% Calories from Carbohydrates:	23.5%
% Calories from Protein:	10.3%
Total Fat (g):	22g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	70mg
Carbohydrate (g):	17g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	38mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 3g
 Protein (g): 8g
 Sodium (mg): 638mg
 Potassium (mg): 335mg
 Calcium (mg): 65mg
 Iron (mg): 2mg
 Zinc (mg): 1mg
 Vitamin C (mg): 16mg
 Vitamin A (i.u.): 1176IU
 Vitamin A (r.e.): 258 1/2RE

Grain (Starch): 1/2
 Lean Meat: 1/2
 Vegetable: 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 4
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 288 **Calories from Fat:** 190

% Daily Values*

Total Fat	22g	33%
Saturated Fat	13g	65%
Cholesterol	70mg	23%
Sodium	638mg	27%
Total Carbohydrates	17g	6%
Dietary Fiber	3g	12%
Protein	8g	

Vitamin A	24%
Vitamin C	27%
Calcium	6%
Iron	10%

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