

Cream of Onion Soup II

Mr. C. W. Roberts

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 4

2 medium yellow onions, sliced
1/2 cup butter
2 1/2 tablespoons flour
2 cubes beef bouillon
2 cups boiling water
salt
red pepper
Tabasco sauce

In a 1-1/2 quart pot, saute' the onions in butter until clear. Do not brown. Stir in the flour.

In a saucepan, dissolve the bouillon in water. Gradually add the hot bouillon to the pot and bring to a boil. Reduce the heat and simmer for 20 minutes. Add salt and pepper to taste. Add a few drops of Tabasco sauce to each serving as desired to heighten flavor.

Per Serving (excluding unknown items): 252 Calories; 23g Fat (82.2% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 920mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 4 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	252
% Calories from Fat:	82.2%
% Calories from Carbohydrates:	14.7%
% Calories from Protein:	3.1%
Total Fat (g):	23g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	62mg
Carbohydrate (g):	9g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	920mg
Potassium (mg):	166mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	13mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1
Fruit:	0

Calcium (mg): 37mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 869IU
Vitamin A (r.e.): 214 1/2RE

Non-Fat Milk: 0
Fat: 4 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 252 Calories from Fat: 207

% Daily Values*

Total Fat	23g	36%
Saturated Fat	15g	73%
Cholesterol	62mg	21%
Sodium	920mg	38%
Total Carbohydrates	9g	3%
Dietary Fiber	1g	5%
Protein	2g	

Vitamin A	17%
Vitamin C	6%
Calcium	4%
Iron	9%

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