

# Cream of Peanut Soup

Evans Farm Inn - Mclean, VA

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

## Servings: 6

2 stalks celery, chopped  
1 small onion, chopped  
1/4 cup butter  
2 tablespoons flour  
2 cups chicken broth  
1 cup milk  
1 cup light cream  
1 cup smooth peanut butter  
salt (to taste)  
freshly ground pepper (to taste)  
paprika (to taste)

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In a pot, brown the celery and onions in the butter. Add the flour and chicken broth. Bring to a boil.

Add the milk and cream. Strain. Add the peanut butter. Simmer for 5 minutes.

Season to taste with the salt, pepper and paprika.

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Per Serving (excluding unknown items): 457 Calories; 39g Fat (73.7% calories from fat); 16g Protein; 16g Carbohydrate; 3g Dietary Fiber; 53mg Cholesterol; 581mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 7 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	457
% Calories from Fat:	73.7%
% Calories from Carbohydrates:	13.4%
% Calories from Protein:	13.0%
Total Fat (g):	39g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	15g
Polyunsaturated Fat (g):	7g
Cholesterol (mg):	53mg
Carbohydrate (g):	16g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	45mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

## Food Exchanges

Dietary Fiber (g): 3g  
 Protein (g): 16g  
 Sodium (mg): 581mg  
 Potassium (mg): 539mg  
 Calcium (mg): 118mg  
 Iron (mg): 1mg  
 Zinc (mg): 2mg  
 Vitamin C (mg): 3mg  
 Vitamin A (i.u.): 646IU  
 Vitamin A (r.e.): 161 1/2RE

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 457 Calories from Fat: 337

### % Daily Values\*

<b>Total Fat</b>	39g	60%
Saturated Fat	15g	75%
<b>Cholesterol</b>	53mg	18%
<b>Sodium</b>	581mg	24%
<b>Total Carbohydrates</b>	16g	5%
Dietary Fiber	3g	13%
<b>Protein</b>	16g	

<b>Vitamin A</b>	13%
<b>Vitamin C</b>	5%
<b>Calcium</b>	12%
<b>Iron</b>	7%

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