

# Cream of Watercress Soup

*Heritage Inn - Southbury, CT  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 6

*1 quart chicken stock with bay leaf  
1 large potato, peeled and diced  
1 onion, diced  
2 bunches watercress, chopped  
1 pint heavy cream  
3 tablespoons butter  
salt (to taste)  
freshly ground pepper (to taste)  
freshly grated nutmeg (for garnish)*

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In a soup pot, saute' the onions and watercress in the butter. Add the chicken stock and diced potato. Cook until the potatoes are soft.

Puree' in batches in a blender or food processor. Return to the pot.

Add the cream, salt and pepper. Heat until hot but not boiling, stirring to blend well.

Garnish with the nutmeg.

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Per Serving (excluding unknown items): 349 Calories; 35g Fat (88.6% calories from fat); 3g Protein; 8g Carbohydrate; 1g Dietary Fiber; 124mg Cholesterol; 95mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 7 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	349
% Calories from Fat:	88.6%
% Calories from Carbohydrates:	8.5%
% Calories from Protein:	2.9%
Total Fat (g):	35g
Saturated Fat (g):	22g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	124mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	3g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	10mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0

**Sodium (mg):** 95mg  
**Potassium (mg):** 238mg  
**Calcium (mg):** 72mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 11mg  
**Vitamin A (i.u.):** 1916IU  
**Vitamin A (r.e.):** 441RE

**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 7  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 349 Calories from Fat: 309

### % Daily Values\*

<b>Total Fat</b>	35g	54%
Saturated Fat	22g	109%
<b>Cholesterol</b>	124mg	41%
<b>Sodium</b>	95mg	4%
<b>Total Carbohydrates</b>	8g	3%
Dietary Fiber	1g	4%
<b>Protein</b>	3g	

<b>Vitamin A</b>	38%
<b>Vitamin C</b>	18%
<b>Calcium</b>	7%
<b>Iron</b>	1%

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