

Creamy Cabbage Soup

What's Cooking II
North American Institute of Modern Cuisine

Servings: 6

1 small cabbage
1 medium onion
1 1/2 cups cold water
1/2 teaspoon sugar
1/2 teaspoon salt
3 tablespoons butter
1/4 cup flour
2 1/2 cups milk
pepper (to taste)

Chop the cabbage and onion.

In a saucepan, mix the vegetables with water, sugar and salt. Bring to a boil. Let reduce for 30 minutes or until the liquid has almost all evaporated. Remove from the heat. Set aside.

In a second saucepan, melt the butter. Mix in the flour. Over low heat, fold in the milk, stirring constantly. Cook until the mixture thickens slightly. Season.

Pour the milk soup over the cabbage, mixing gently. Serve hot.

Per Serving (excluding unknown items): 144 Calories; 9g Fat (56.8% calories from fat); 4g Protein; 11g Carbohydrate; 1g Dietary Fiber; 29mg Cholesterol; 291mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	144
% Calories from Fat:	56.8%
% Calories from Carbohydrates:	31.2%
% Calories from Protein:	11.9%
Total Fat (g):	9g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	29mg
Carbohydrate (g):	11g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	16mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 1g
 Protein (g): 4g
 Sodium (mg): 291mg
 Potassium (mg): 227mg
 Calcium (mg): 137mg
 Iron (mg): trace
 Zinc (mg): 1mg
 Vitamin C (mg): 7mg
 Vitamin A (i.u.): 365IU
 Vitamin A (r.e.): 94RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 144 Calories from Fat: 82

% Daily Values*

Total Fat	9g	14%
Saturated Fat	6g	29%
Cholesterol	29mg	10%
Sodium	291mg	12%
Total Carbohydrates	11g	4%
Dietary Fiber	1g	3%
Protein	4g	

Vitamin A	7%
Vitamin C	12%
Calcium	14%
Iron	2%

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