

Albert's Organics Garnet Yam Soup

Brand Name Light & Natural Cookbook (1996)

Servings: 6

3 medium organic carrots, sliced into uniform pieces

1 / 2 medium organic yellow onion, sliced into uniform pieces

1 - 2 tablespoons olive oil

3 medium organic garnet yams, cut into large pieces

1 small organic potato, sliced into uniform pieces

2 tablespoons soy sauce

1 teaspoon basil

cayenne (to taste)

salt (optional)

In a soup pot, saute' the carrots and onions in olive oil. Add the yams and potato and cover with water. Simmer for 15 to 20 minutes until the yams are soft.

Add the soy sauce, basil and cayenne. Salt to taste.

Blend or food process until creamy. Add more water to adjust thickness.

Per Serving (excluding unknown items): 44 Calories; 5g Fat (91.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 343mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	44
% Calories from Fat:	91.0%
% Calories from Carbohydrates:	5.9%
% Calories from Protein:	3.1%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace

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

Food Exchanges

Grain (Starch):	0
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Protein (g): trace
Sodium (mg): 343mg
Potassium (mg): 19mg
Calcium (mg): 6mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 23IU
Vitamin A (r.e.): 2 1/2RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 44 Calories from Fat: 40

% Daily Values*

Total Fat	5g	7%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	343mg	14%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	1%

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