

Artichoke Soup

Mrs. Percy Roberts Jr

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

Servings: 4

1/2 cup butter
1 large onion, chopped
1 bunch green onions, chopped
2 pods garlic, pressed
2 tablespoons parsley, chopped
2 dozen oysters
2 cans (one pound ea) artichoke hearts
1 cup oyster liquor or water
1 can (10-3/4 ounce) cream of mushroom soup
1 bay leaf
salt
pepper

Melt the butter in a Dutch oven. Add the onions and cook until transparent.

Add the garlic and parsley. Cook for 2 to 3 minutes. Add the oysters and cook for 3 to 4 more minutes.

Add the drained, quartered artichoke hearts. Cook for a few more minutes.

Add the oyster liquor, cream of mushroom soup and bay leaf. Cook for 20 minutes.

Prepare 30 minutes or so before serving to allow the flavors to penetrate.

Salt and pepper to taste.

Per Serving (excluding unknown items): 306 Calories; 27g Fat (76.2% calories from fat); 6g Protein; 12g Carbohydrate; 3g Dietary Fiber; 89mg Cholesterol; 641mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 5 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	306
% Calories from Fat:	76.2%
% Calories from Carbohydrates:	15.6%
% Calories from Protein:	8.1%
Total Fat (g):	27g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	7g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	9.8mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	39mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	89mg
Carbohydrate (g):	12g
Dietary Fiber (g):	3g
Protein (g):	6g
Sodium (mg):	641mg
Potassium (mg):	330mg
Calcium (mg):	74mg
Iron (mg):	4mg
Zinc (mg):	46mg
Vitamin C (mg):	12mg
Vitamin A (i.u.):	1105IU
Vitamin A (r.e.):	248 1/2RE

Alcohol (kcal):	0
% Daily Values*	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	306	Calories from Fat: 233
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% Daily Values*

Total Fat	27g	41%
Saturated Fat	15g	77%
Cholesterol	89mg	30%
Sodium	641mg	27%
Total Carbohydrates	12g	4%
Dietary Fiber	3g	12%
Protein	6g	
Vitamin A		22%
Vitamin C		20%
Calcium		7%
Iron		24%

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