

# Betty's Brussels Sprouts Soup

Mrs. Roosevelt LeBlanc

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

## Servings: 10

1/2 cup butter  
1/2 cup flour  
salt (to taste)  
pepper (to taste)  
1 1/2 cups celery, chopped  
1 cup onion, chopped  
1 quart chicken broth  
5 cups milk  
2 1/2 pounds frozen brussels sprouts

In a saucepan, melt the butter. Stir in the flour, salt and pepper. Stir until smooth and set over low heat.

Saute' the celery and onion. Gradually add the chicken broth and milk.

Add the brussels sprouts that have been cut in half.

Cook for 35 minutes.

Per Serving (excluding unknown items): 250 Calories; 14g Fat (49.5% calories from fat); 11g Protein; 22g Carbohydrate; 5g Dietary Fiber; 41mg Cholesterol; 486mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 1/2 Non-Fat Milk; 2 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	250	Vitamin B6 (mg):	.3mg
% Calories from Fat:	49.5%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	33.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	17.3%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	14g	Folacin (mcg):	158mcg
Saturated Fat (g):	9g	Niacin (mg):	3mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	41mg	% Daily Value*	on on%
Carbohydrate (g):	22g	<b>Food Exchanges</b>	
Dietary Fiber (g):	5g	Grain (Starch):	1/2
Protein (g):	11g	Lean Meat:	0

**Sodium (mg):** 486mg  
**Potassium (mg):** 774mg  
**Calcium (mg):** 193mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 88mg  
**Vitamin A (i.u.):** 1450IU  
**Vitamin A (r.e.):** 227 1/2RE

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

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

**Calories** 250 Calories from Fat: 124

### % Daily Values\*

<b>Total Fat</b>	14g	22%
Saturated Fat	9g	43%
<b>Cholesterol</b>	41mg	14%
<b>Sodium</b>	486mg	20%
<b>Total Carbohydrates</b>	22g	7%
Dietary Fiber	5g	20%
<b>Protein</b>	11g	
<b>Vitamin A</b>		29%
<b>Vitamin C</b>		146%
<b>Calcium</b>		19%
<b>Iron</b>		10%

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