

Carrot and Parsnip Soup

What's Cooking II
North American Institute of Modern Cuisine

Servings: 6

1/4 cup butter
1 medium onion, sliced
1 small clove garlic, chopped
5 cups water
1 1/2 cups carrots, sliced
1 cup parsnip, minced
1/4 cup long-grain rice
2 tablespoons chicken broth concentrate
salt and pepper
parsley, chopped

In a saucepan, melt the butter. Saute' the onion and garlic.

Add the remaining ingredients except the parsley. Bring to a boil and cover. Over low heat, simmer for 20 to 30 minutes.

In a blender, puree' the mixture.

Sprinkle with chopped parsley and serve.

Per Serving (excluding unknown items): 134 Calories; 8g Fat (51.6% calories from fat); 1g Protein; 15g Carbohydrate; 2g Dietary Fiber; 21mg Cholesterol; 98mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 1 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	134
% Calories from Fat:	51.6%
% Calories from Carbohydrates:	44.1%
% Calories from Protein:	4.3%
Total Fat (g):	8g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	21mg
Carbohydrate (g):	15g
Dietary Fiber (g):	2g
Protein (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	41mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0

Sodium (mg): 98mg
Potassium (mg): 229mg
Calcium (mg): 30mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 8mg
Vitamin A (i.u.): 9330IU
Vitamin A (r.e.): 975 1/2RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 134 Calories from Fat: 69

% Daily Values*

Total Fat	8g	12%
Saturated Fat	5g	24%
Cholesterol	21mg	7%
Sodium	98mg	4%
Total Carbohydrates	15g	5%
Dietary Fiber	2g	10%
Protein	1g	

Vitamin A	187%
Vitamin C	13%
Calcium	3%
Iron	4%

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