

Carrot Soup II

*Madrona Manor - Healdsburg, CA
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

*2 cups carrots, chopped
1/2 cup onions, chopped
1 tablespoon fresh basil, chopped
1 tomato, peeled, seeded and chopped
butter or oil
1 Idaho potato, peeled and chopped
4 cups chicken stock or broth
salt (to taste)
freshly ground pepper (to taste)
creme fraiche (for garnish)*

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In a pot, cook the carrots, onions, basil and tomato in some butter or oil for a few minutes. Add the potatoes and broth. Simmer until the carrots and potatoes are soft.

Puree' in a blender in batches until smooth.

Season with salt and pepper to taste.

Per Serving (excluding unknown items): 44 Calories; trace Fat (3.6% calories from fat); 1g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	44
% Calories from Fat:	3.6%
% Calories from Carbohydrates:	86.2%
% Calories from Protein:	10.2%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	10g
Dietary Fiber (g):	2g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	14mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 1g
Sodium (mg): 18mg
Potassium (mg): 317mg
Calcium (mg): 17mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 13mg
Vitamin A (i.u.): 12200IU
Vitamin A (r.e.): 1219 1/2RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 44 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	18mg	1%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	8%
Protein	1g	

Vitamin A	244%
Vitamin C	21%
Calcium	2%
Iron	3%

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