

Cauliflower and Shallot Soup

What's Cooking II
North American Institute of Modern Cuisine

Servings: 8

2 tablespoons butter
1 small onion, minced
3 potatoes, peeled and minced
1 small cauliflower in florets
salt and pepper
6 cups chicken broth, heated
1/2 teaspoon basil
1/2 teaspoon thyme
1 bay leaf
1/4 cup shallots, chopped

In a saucepan, over moderate heat, melt the butter. Add the onion and cover. Cook for 3 to 4 minutes until tender but not browned.

Add the potatoes and cauliflower. Continue cooking for 1 to 2 minutes. Season with salt and pepper.

Pour in the broth. Add the mixed herbs. Bring to a boil and cover. Over low heat, simmer for 40 minutes.

In a blender, puree the mixture. Adjust the seasoning to taste.

Sprinkle with the chopped shallots and serve.

Variation: Replace the cauliflower with broccoli and the shallots with chopped parsley.

Per Serving (excluding unknown items): 100 Calories; 4g Fat (35.9% calories from fat); 5g Protein; 11g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 606mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	100	Vitamin B6 (mg):	.2mg
% Calories from Fat:	35.9%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	44.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	19.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	14mcg
Saturated Fat (g):	2g	Niacin (mg):	3mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

Cholesterol (mg):	8mg
Carbohydrate (g):	11g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	606mg
Potassium (mg):	446mg
Calcium (mg):	20mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	10mg
Vitamin A (i.u.):	746IU
Vitamin A (r.e.):	90 1/2RE

% Daily Values 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 100 Calories from Fat: 36

% Daily Values*

Total Fat 4g	6%
Saturated Fat 2g	10%
Cholesterol 8mg	3%
Sodium 606mg	25%
Total Carbohydrates 11g	4%
Dietary Fiber 1g	4%
Protein 5g	

Vitamin A	15%
Vitamin C	17%
Calcium	2%
Iron	5%

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