

Cheese Soup

Jean Croyle

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 4

1/2 cup butter or margarine
1/2 cup celery, chopped
1/2 cup carrots, thinly sliced
1/4 cup onion, chopped
1/3 cup all-purpose flour
1 can (10-3/4 ounce) condensed chicken broth
3 cups milk
1 package (12 ounce) Cheddar cheese, shredded
2 tablespoons bacon bits

In a two-quart saucepan, melt the butter over high heat. Add the celery, carrots and onion. Saute' until tender, stirring constantly.

Add the flour and cook for 1 minute, stirring constantly. Continuing to stir, gradually add the broth. Bring to a gentle boil. Reduce the heat and simmer for 1 minute. Add the milk. Heat to simmering. Remove from the heat.

Add the cheese and stir until the cheese melts. Add the bacon and heat again, if needed to reach serving temperature.

For a thicker soup, reduce the milk to 2-3/4 cups.

Per Serving (excluding unknown items): 513 Calories; 40g Fat (69.4% calories from fat); 19g Protein; 21g Carbohydrate; 1g Dietary Fiber; 117mg Cholesterol; 995mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 7 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	513	Vitamin B6 (mg):	.2mg
% Calories from Fat:	69.4%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	16.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	14.4%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	40g	Folacin (mcg):	46mcg
Saturated Fat (g):	24g	Niacin (mg):	2mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	117mg
Carbohydrate (g):	21g
Dietary Fiber (g):	1g
Protein (g):	19g
Sodium (mg):	995mg
Potassium (mg):	545mg
Calcium (mg):	452mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	5939IU
Vitamin A (r.e.):	828RE

% Daily Values*

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	1/2
Fat:	7
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 513 Calories from Fat: 356

% Daily Values*

Total Fat 40g	62%
Saturated Fat 24g	122%
Cholesterol 117mg	39%
Sodium 995mg	41%
Total Carbohydrates 21g	7%
Dietary Fiber 1g	6%
Protein 19g	

Vitamin A	119%
Vitamin C	8%
Calcium	45%
Iron	8%

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