

Columbus Potato Soup

Raumonda - Colimbus, TX

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 4

*4 slices bacon, diced
6 leeks, finely sliced
1/4 cup onion, chopped
2 tablespoons flour
4 cups chicken broth
3 large potatoes, peeled and diced
2 egg yolks, beaten
1 cup sour cream
1 tablespoon fresh parsley, chopped
2 tablespoons fresh chervil or
tarragon, chopped*

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In a pot, saute' the bacon for 5 minutes. Add the leeks and onions. Cook for 5 minutes.

Stir in the flour. Add the broth. Add the potatoes. Simmer for one hour.

In a bowl, combine the egg yolks and sour cream. Stir into the soup. Add the parsley and chervil.

Per Serving (excluding unknown items): 400 Calories; 20g Fat (43.6% calories from fat); 14g Protein; 43g Carbohydrate; 4g Dietary Fiber; 137mg Cholesterol; 932mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 4 Vegetable; 0 Non-Fat Milk; 3 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	400
% Calories from Fat:	43.6%
% Calories from Carbohydrates:	42.2%
% Calories from Protein:	14.2%
Total Fat (g):	20g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	137mg
Carbohydrate (g):	43g

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	125mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Dietary Fiber (g): 4g
 Protein (g): 14g
 Sodium (mg): 932mg
 Potassium (mg): 1090mg
 Calcium (mg): 178mg
 Iron (mg): 5mg
 Zinc (mg): 1mg
 Vitamin C (mg): 39mg
 Vitamin A (i.u.): 791IU
 Vitamin A (r.e.): 203RE

Grain (Starch): 1 1/2
 Lean Meat: 1
 Vegetable: 4
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 3
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 400 **Calories from Fat:** 174

% Daily Values*

Total Fat	20g	30%
Saturated Fat	10g	49%
Cholesterol	137mg	46%
Sodium	932mg	39%
Total Carbohydrates	43g	14%
Dietary Fiber	4g	17%
Protein	14g	

Vitamin A	16%
Vitamin C	64%
Calcium	18%
Iron	26%

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