

Fresh String Bean Soup

Iris Howell

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 pound green beans
1 teaspoon salt
2 tablespoons flour
2 tablespoons margarine
black pepper (to taste)
1/4 teaspoon paprika
2 medium potatoes, diced
1 pinch sour cream

Cook the beans and potatoes in five cups of salted water for 15 minutes.

In a frying pan, brown the flour in the margarine. Add the paprika, black pepper and 1/4 cup of cold water. Stir until smooth. Add the sour cream. Add the mixture to the cooked beans and potatoes.

Bring to a boil and simmer for a few minutes.

Per Serving (excluding unknown items): 579 Calories; 24g Fat (35.0% calories from fat); 14g Protein; 85g Carbohydrate; 18g Dietary Fiber; trace Cholesterol; 2437mg Sodium. Exchanges: 3 1/2 Grain(Starch); 0 Lean Meat; 5 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	579	Vitamin B6 (mg):	.9mg
% Calories from Fat:	35.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	55.7%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	9.4%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	24g	Folacin (mcg):	182mcg
Saturated Fat (g):	4g	Niacin (mg):	8mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	trace	% Daily Value*	on on%
Carbohydrate (g):	85g	Food Exchanges	
Dietary Fiber (g):	18g	Grain (Starch):	3 1/2
Protein (g):	14g	Lean Meat:	0
Sodium (mg):	2437mg	Vegetable:	5 1/2

Potassium (mg): 2203mg
Calcium (mg): 191mg
Iron (mg): 7mg
Zinc (mg): 2mg
Vitamin C (mg): 114mg
Vitamin A (i.u.): 4028IU
Vitamin A (r.e.): 529RE

Fruit: 0
Non-Fat Milk: 0
Fat: 4 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 579 Calories from Fat: 203

% Daily Values*

Total Fat	24g	36%
Saturated Fat	4g	21%
Cholesterol	trace	0%
Sodium	2437mg	102%
Total Carbohydrates	85g	28%
Dietary Fiber	18g	72%
Protein	14g	
Vitamin A		81%
Vitamin C		189%
Calcium		19%
Iron		38%

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