

Green Pea Soup

What's Cooking II
North American Institute of Modern Cuisine

Servings: 8

1/4 cup butter
4 cups lettuce, hand-torn
1 medium onion, minced
1 tablespoon flour
1 teaspoon sugar
1/4 teaspoon parsley, chopped
1/4 teaspoon ground coriander
42 ounces canned chicken broth
2 1/4 cups frozen green peas
1 cup milk
fresh mint leaves

In a saucepan, melt the butter. Stirring often, lightly brown the lettuce and onion.

Fold in the remaining ingredients except the milk and mint leaves. Bring to a boil and cover. Over low heat, simmer for 15 minutes. Reserve a few green peas for decoration.

In a blender, puree' the mixture, one cup at a time. Return to the saucepan. Fold in the milk. Reheat without boiling.

Garnish with a few green peas and a mint leave. Serve.

Per Serving (excluding unknown items): 117 Calories; 7g Fat (52.6% calories from fat); 4g Protein; 10g Carbohydrate; 3g Dietary Fiber; 20mg Cholesterol; 122mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	117	Vitamin B6 (mg):	.1mg
% Calories from Fat:	52.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	34.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	7g	Folacin (mcg):	40mcg
Saturated Fat (g):	4g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	20mg	% Refuse:	0.00%
Carbohydrate (g):	10g		

Food Exchanges

Dietary Fiber (g): 3g
 Protein (g): 4g
 Sodium (mg): 122mg
 Potassium (mg): 206mg
 Calcium (mg): 69mg
 Iron (mg): 1mg
 Zinc (mg): 1mg
 Vitamin C (mg): 14mg
 Vitamin A (i.u.): 1084IU
 Vitamin A (r.e.): 148RE

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 117 Calories from Fat: 61

% Daily Values*

Total Fat	7g	11%
Saturated Fat	4g	21%
Cholesterol	20mg	7%
Sodium	122mg	5%
Total Carbohydrates	10g	3%
Dietary Fiber	3g	11%
Protein	4g	

Vitamin A	22%
Vitamin C	23%
Calcium	7%
Iron	6%

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