

# Onion-Cheese Soup

Janice Pruitt - North Wilkesboro, NC  
Southern Living - 1987 Annual Recipes

**Yield: 2 1/2 cups**

2 tablespoons butter or margarine  
1/3 cup onion, minced  
1 1/2 tablespoons all-purpose flour  
2 cups milk  
5 slices sharp cheddar cheese, torn into small pieces  
1/4 teaspoon salt  
dash pepper  
chopped chives (optional)  
paprika (optional)

In a saucepan, melt the butter. Add the flour, stirring until blended. Cook for 1 minute, stirring constantly.

Gradually add the milk. Bring to a boil over medium heat.

Stir in the cheese, salt and pepper.

Reduce the heat to low. Cook, stirring constantly, just until the cheese melts.

Garnish with chives and paprika, if desired.

Serve immediately.

Per Serving (excluding unknown items): 2848 Calories; 227g Fat (71.6% calories from fat); 159g Protein; 43g Carbohydrate; 1g Dietary Fiber; 723mg Cholesterol; 4526mg Sodium. Exchanges: 1/2 Grain(Starch); 20 Lean Meat; 1 Vegetable; 2 Non-Fat Milk; 32 1/2 Fat.

Soups, Chili and Stews

**Per Serving Nutritional Analysis**

Calories (kcal):	2848	Vitamin B6 (mg):	.7mg
% Calories from Fat:	71.6%	Vitamin B12 (mcg):	6.4mcg
% Calories from Carbohydrates:	6.1%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	22.3%	Riboflavin B2 (mg):	3.0mg
Total Fat (g):	227g	Folacin (mcg):	156mcg
Saturated Fat (g):	144g	Niacin (mg):	2mg
Monounsaturated Fat (g):	65g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	723mg	% Refuse:	0.0%

Carbohydrate (g):	43g
Dietary Fiber (g):	1g
Protein (g):	159g
Sodium (mg):	4526mg
Potassium (mg):	1400mg
Calcium (mg):	4695mg
Iron (mg):	5mg
Zinc (mg):	20mg
Vitamin C (mg):	8mg
Vitamin A (i.u.):	7486IU
Vitamin A (r.e.):	2203RE

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	20
Vegetable:	1
Fruit:	0
Non-Fat Milk:	2
Fat:	32 1/2
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	2848	Calories from Fat: 2040
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### % Daily Values\*

<b>Total Fat</b>	227g	350%
Saturated Fat	144g	720%
<b>Cholesterol</b>	723mg	241%
<b>Sodium</b>	4526mg	189%
<b>Total Carbohydrates</b>	43g	14%
Dietary Fiber	1g	5%
<b>Protein</b>	159g	

<b>Vitamin A</b>	150%
<b>Vitamin C</b>	13%
<b>Calcium</b>	469%
<b>Iron</b>	27%

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