

Queen Victoria Soup

The Sedgwick Inn - Berlin, NY
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 4

2 teaspoons butter
1 small onion, chopped
3 stalks celery, finely chopped
1/2 pound mushrooms, diced
1/2 cup cooked chicken, diced
1/2 cup cooked ham, diced
1 tablespoon quick-cooking tapioca
2 cups light cream
salt (to taste)
white pepper (to taste)

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In a large saucepan, heat the butter and cook the onion until golden but not brown.

Add the celery and mushrooms. Cook over low heat for 10 minutes, stirring frequently.

Add the chicken stock, chicken, ham and tapioca. Cook for 20 minutes until lightly thickened.

Before serving, add the cream, salt and pepper. Reheat but do not boil.

Per Serving (excluding unknown items): 341 Calories; 28g Fat (72.2% calories from fat); 13g Protein; 11g Carbohydrate; 2g Dietary Fiber; 109mg Cholesterol; 332mg Sodium. Exchanges: 1 Lean Meat; 1 Vegetable; 5 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	341
% Calories from Fat:	72.2%
% Calories from Carbohydrates:	12.5%
% Calories from Protein:	15.3%
Total Fat (g):	28g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	109mg
Carbohydrate (g):	11g
Dietary Fiber (g):	2g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	29mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 13g
Sodium (mg): 332mg
Potassium (mg): 579mg
Calcium (mg): 140mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 982IU
Vitamin A (r.e.): 242RE

Lean Meat: 1
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 5
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 341 Calories from Fat: 246

% Daily Values*

Total Fat	28g	43%
Saturated Fat	16g	82%
Cholesterol	109mg	36%
Sodium	332mg	14%
Total Carbohydrates	11g	4%
Dietary Fiber	2g	7%
Protein	13g	

Vitamin A	20%
Vitamin C	19%
Calcium	14%
Iron	7%

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