

Sour Cream Potato Soup

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

*3 cups raw potatoes, diced
1/2 cup celery, chopped
1/2 cup onion, chopped
3 cups water
2 cups milk
2 cubes chicken bouillon
3 tablespoons butter
1 tablespoon flour
1 cup sour cream
salt (to taste)
pepper (to taste)*

In a large pot, cook the potatoes, celery, onion and water until the potatoes are tender, stirring occasionally.

Add the milk, bouillon and butter. Bring up to barely simmer.

In a bowl, combine the sour cream and flour. Add to the soup. Stir until thickened.

Stir in salt and pepper.

Per Serving (excluding unknown items): 1210 Calories; 101g Fat (74.3% calories from fat); 29g Protein; 50g Carbohydrate; 3g Dietary Fiber; 262mg Cholesterol; 3756mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 2 1/2 Non-Fat Milk; 19 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	1210
% Calories from Fat:	74.3%
% Calories from Carbohydrates:	16.4%
% Calories from Protein:	9.3%
Total Fat (g):	101g
Saturated Fat (g):	62g
Monounsaturated Fat (g):	29g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	262mg
Carbohydrate (g):	50g
Dietary Fiber (g):	3g
Protein (g):	29g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	2.5mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	1.3mg
Folacin (mcg):	89mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0

Sodium (mg): 3756mg
Potassium (mg): 1436mg
Calcium (mg): 945mg
Iron (mg): 1mg
Zinc (mg): 3mg
Vitamin C (mg): 16mg
Vitamin A (i.u.): 3891IU
Vitamin A (r.e.): 1084 1/2RE

Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 2 1/2
Fat: 19 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1210 **Calories from Fat:** 899

% Daily Values*

Total Fat	101g	156%
Saturated Fat	62g	311%
Cholesterol	262mg	87%
Sodium	3756mg	157%
Total Carbohydrates	50g	17%
Dietary Fiber	3g	11%
Protein	29g	
Vitamin A		78%
Vitamin C		26%
Calcium		95%
Iron		8%

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