

Spinach Soup with Dumplings

What's Cooking II
North American Institute of Modern Cuisine

Servings: 6

1 knob butter
1 onion, finely chopped
10 ounces fresh or frozen spinach
3/4 cup all-purpose flour or wheat flour
1 egg
4 cups milk
celery salt
pepper

In a saucepan, melt the butter. Saute' the onion. Add the spinach and cover. Over moderate heat, continue cooking until the spinach is tender. Stir occasionally.

Meanwhile, pour the flour into a mixing bowl. Make a well in the center. Place the egg into the well. With a fork, mix the egg and flour. Shape into dumplings.

Add the milk to the cooked spinach. Stirring constantly, bring the milk to a foam. Season.

Add the dumplings one at a time. Cover. Remove from the heat. Let stand 5 minutes. Serve.

Per Serving (excluding unknown items): 255 Calories; 22g Fat (75.2% calories from fat); 7g Protein; 9g Carbohydrate; trace Dietary Fiber; 99mg Cholesterol; 248mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 4 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	255	Vitamin B6 (mg):	.1mg
% Calories from Fat:	75.2%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	14.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	10.5%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	22g	Folacin (mcg):	16mcg
Saturated Fat (g):	13g	Niacin (mg):	trace
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	99mg
Carbohydrate (g):	9g
Dietary Fiber (g):	trace
Protein (g):	7g
Sodium (mg):	248mg
Potassium (mg):	291mg
Calcium (mg):	207mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	824IU
Vitamin A (r.e.):	216 1/2RE

% Daily Values*

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	1/2
Fat:	4
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 255 Calories from Fat: 192

% Daily Values*

Total Fat 22g	33%
Saturated Fat 13g	66%
Cholesterol 99mg	33%
Sodium 248mg	10%
Total Carbohydrates 9g	3%
Dietary Fiber trace	1%
Protein 7g	

Vitamin A	16%
Vitamin C	5%
Calcium	21%
Iron	2%

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