

Spinach Soup

*Savery Creek Ranch - Savery, WY
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

*1 cup onion, diced
3 tablespoons butter
2 cups mushrooms, sliced
2 tablespoons flour
2 tablespoons chicken bouillon granules
bunch spinach, washed, stems removed and roughly chopped
2 1/2 cups water
2 1/2 cups milk
salt (to taste)
pepper (to taste)*

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In a pot, saute' the mushrooms in butter. Add the mushrooms. Stir. Add the flour. Stir, and brown.

Add the bouillon granules, then the spinach, water, milk, salt and pepper. Simmer, stirring occasionally, until the spinach is wilted, just a few minutes.

Per Serving (excluding unknown items): 144 Calories; 10g Fat (58.5% calories from fat); 5g Protein; 10g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 485mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	144
% Calories from Fat:	58.5%
% Calories from Carbohydrates:	28.4%
% Calories from Protein:	13.0%
Total Fat (g):	10g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	30mg
	10g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	17mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Carbohydrate (g):		Grain (Starch):	0
Dietary Fiber (g):	1g	Lean Meat:	0
Protein (g):	5g	Vegetable:	1/2
Sodium (mg):	485mg	Fruit:	0
Potassium (mg):	293mg	Non-Fat Milk:	1/2
Calcium (mg):	136mg	Fat:	2
Iron (mg):	1mg	Other Carbohydrates:	0
Zinc (mg):	1mg		
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	355IU		
Vitamin A (r.e.):	95 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	144	Calories from Fat: 84
% Daily Values*		
Total Fat	10g	15%
Saturated Fat	6g	29%
Cholesterol	30mg	10%
Sodium	485mg	20%
Total Carbohydrates	10g	3%
Dietary Fiber	1g	3%
Protein	5g	
Vitamin A		7%
Vitamin C		6%
Calcium		14%
Iron		3%

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