

Spring Onion Alphabet Soup

*Our Best Recipes
Meredith Corporation*

Servings: 6

*1/4 cup butter
1 tablespoon olive oil
1 sweet onion, sliced
1 large leek (white part), thinly sliced
1 bunch green onions, thinly sliced
2 cups fresh or frozen shelled peas
4 cups reduced-sodium chicken broth
4 cups water
1 cup small pasta
1 teaspoon Kosher salt
1 lemon, juiced
1 cup torn basil leaves
LEMON SOUR CREAM
1/2 cup sour cream
1/4 cup mayonnaise
1/4 cup chopped chives
1 tablespoon lemon juice
dash garlic powder
salt
pepper
FONTINA TOAST
6 slices sourdough bread
6 slices Fontina cheese*

Preparation Time: 20 minutes

Cook Time: 30 minutes

Make the Lemon Sour Cream: In a bowl, combine the sour cream, mayonnaise, chives, lemon juice and garlic powder. Season with salt and pepper. Set aside.

In a four-quart Dutch oven, heat the butter and olive oil over medium-low heat until the butter is melted. Add the onion. Stir until coated. Cook, covered, for 15 minutes or until translucent, stirring occasionally.

Add the leek and green onions. Cook, covered, for 10 minutes. Stir in the peas. Add the chicken broth, water, pasta and salt. Bring to a boil. Reduce the heat. Simmer, uncovered, for 5 minutes. Stir in the lemon juice and basil.

If desired, make the Fontina Toast: Top the sourdough bread with the Fontina cheese. Arrange on a baking sheet. Broil three to four inches from the heat for 1 to 2 minutes or until the cheese is melted.

Serve the soup with the Lemon Sour Cream and Fontina Toast.

Per Serving (excluding unknown items): 694 Calories; 56g Fat (71.8% calories from fat); 31g Protein; 19g Carbohydrate; 1g Dietary Fiber; 158mg Cholesterol; 1476mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 7 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	694
% Calories from Fat:	71.8%
% Calories from Carbohydrates:	10.5%
% Calories from Protein:	17.6%
Total Fat (g):	56g
Saturated Fat (g):	30g
Monounsaturated Fat (g):	17g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	158mg
Carbohydrate (g):	19g
Dietary Fiber (g):	1g
Protein (g):	31g
Sodium (mg):	1476mg
Potassium (mg):	189mg
Calcium (mg):	652mg
Iron (mg):	1mg
Zinc (mg):	4mg
Vitamin C (mg):	9mg
Vitamin A (i.u.):	1834IU
Vitamin A (r.e.):	512 1/2RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.9mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	26mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	n n%

Food Exchanges

Grain (Starch):	1
Lean Meat:	3 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	7 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	694	Calories from Fat: 498
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% Daily Values*

Total Fat	56g	86%
Saturated Fat	30g	148%
Cholesterol	158mg	53%
Sodium	1476mg	62%
Total Carbohydrates	19g	6%
Dietary Fiber	1g	5%
Protein	31g	
Vitamin A		37%
Vitamin C		15%
Calcium		65%
Iron		6%

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