

Wisconsin Cream of Cheddar Soup

*The Victorian Villa - Union City, MI
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 8

*2/3 cup butter or margarine
1 cup celery, finely chopped
1/3 cup flour
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
1 1/2 cups chicken stock or broth
2 cups light cream
2 cups milk
16 ounces sharp Cheddar cheese,
finely shredded
8 slices bacon, cooked crisp and
crumbled
1/2 cup green onion, finely chopped*

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In a large saucepan, melt the butter over medium heat. Stir in the celery. Cook and stir for 8 to 10 minutes or until the celery is just tender.

Stir in the flour, salt and pepper. Add the chicken broth. Cook and stir until the mixture is thickened and bubbly. Cook and stir for 1 to 2 minutes more.

Add the cream and milk, alternately, to the broth mixture. Heat through. Stir in the cheese. Cook and stir until the cheese is melted.

Just before serving, garnish with the bacon and green onions.

Per Serving (excluding unknown items): 577 Calories; 51g Fat (78.5% calories from fat); 21g Protein; 11g Carbohydrate; 1g Dietary Fiber; 154mg Cholesterol; 742mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 8 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	577	Vitamin B6 (mg):	.1mg
% Calories from Fat:	78.5%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	7.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.1%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	51g	Folacin (mcg):	25mcg
Saturated Fat (g):	31g	Niacin (mg):	1mg
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	154mg
Carbohydrate (g):	11g
Dietary Fiber (g):	1g
Protein (g):	21g
Sodium (mg):	742mg
Potassium (mg):	323mg
Calcium (mg):	557mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	1725IU
Vitamin A (r.e.):	458 1/2RE

% Daily Values*

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	8 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 577 Calories from Fat: 453

% Daily Values*

Total Fat 51g	78%
Saturated Fat 31g	155%
Cholesterol 154mg	51%
Sodium 742mg	31%
Total Carbohydrates 11g	4%
Dietary Fiber 1g	2%
Protein 21g	

Vitamin A	34%
Vitamin C	9%
Calcium	56%
Iron	5%

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