

Zucchini Soup

Mary Sims

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

3 cups celery, chopped
1 medium onion, grated
5 tablespoons butter or margarine
2 cups water
1 large zucchini, grated
2 tablespoons chicken bouillon
1 teaspoon sweet basil
1 1/2 cups milk

In a saucepan, saute' the celery and onion until tender.

Add the water, zucchini, bouillon and basil.

Simmer for 10 minutes or until the zucchini is tender.

Add the milk.

Thicken with flour, if desired.

Per Serving (excluding unknown items): 863 Calories; 71g Fat (71.1% calories from fat); 19g Protein; 46g Carbohydrate; 10g Dietary Fiber; 205mg Cholesterol; 1287mg Sodium. Exchanges: 5 Vegetable; 1 1/2 Non-Fat Milk; 13 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	863
% Calories from Fat:	71.1%
% Calories from Carbohydrates:	20.4%
% Calories from Protein:	8.5%
Total Fat (g):	71g
Saturated Fat (g):	44g
Monounsaturated Fat (g):	20g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	205mg
Carbohydrate (g):	46g
Dietary Fiber (g):	10g
Protein (g):	19g

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	186mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 1287mg
Potassium (mg): 2269mg
Calcium (mg): 661mg
Iron (mg): 3mg
Zinc (mg): 3mg
Vitamin C (mg): 53mg
Vitamin A (i.u.): 3783IU
Vitamin A (r.e.): 790 1/2RE

Vegetable: 5
Fruit: 0
Non-Fat Milk: 1 1/2
Fat: 13 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 863 Calories from Fat: 613

% Daily Values*

Total Fat	71g	109%
Saturated Fat	44g	218%
Cholesterol	205mg	68%
Sodium	1287mg	54%
Total Carbohydrates	46g	15%
Dietary Fiber	10g	42%
Protein	19g	
Vitamin A		76%
Vitamin C		89%
Calcium		66%
Iron		16%

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