






 **54%**
HEALTH SCORE

Brussels Sprouts and Shiitake Mushroom Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN

85 min.

SERVINGS

4

CALORIES

302 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup brown rice uncooked
- 14 ounces brussels sprouts trimmed cut in half
- 15 ounce great northern beans drained canned
- 1 cup chicken broth
- 1.5 teaspoon thyme dried
- 3 cloves garlic minced

- 1 teaspoons juice of lemon
- 1 medium onion chopped
- 1.5 teaspoon rubbed sage
- 1 teaspoon salt to taste
- 6 ounces mushroom caps stemmed sliced
- 6 cups vegetable stock

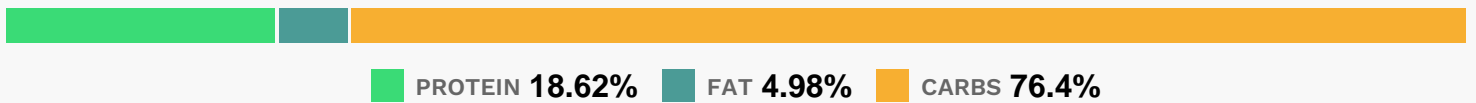
Equipment

- pot

Directions

- Heat a large, non-stick pot.
- Add the onion and cook, stirring, until it becomes translucent.
- Add the Brussels sprouts and cook until onion begins to brown, about 2 more minutes.
- Add the mushrooms and garlic and cook for about two more minutes.
- Add all remaining ingredients except for the optional ingredients. Cover and simmer on low heat until rice is cooked, about 50 minutes. Check seasonings and add more along with the lemon juice, if desired. If you're using the beans, add them and the broth and cook for about 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:64.19, Glycemic Load:15.19, Inflammation Score:-9, Nutrition Score:31.022174257947%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 3.28mg, Naringenin: 3.28mg, Naringenin: 3.28mg, Naringenin: 3.28mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Myricetin: 0.04mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 301.54kcal (15.08%), Fat: 1.76g (2.71%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 60.72g (20.24%), Net Carbohydrates: 49.16g (17.88%), Sugar: 7.67g (8.52%), Cholesterol: 1.17mg (0.39%), Sodium: 2244.9mg (97.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.8g (29.6%), Vitamin K: 183.05µg (174.33%), Vitamin C: 89.14mg (108.05%), Manganese: 1.9mg (95.16%), Fiber: 11.55g (46.22%), Folate: 163.61µg (40.9%), Phosphorus: 338.23mg (33.82%), Vitamin B6: 0.64mg (32.02%), Magnesium: 124.7mg (31.17%), Vitamin A: 1518.12IU (30.36%), Potassium: 1018.32mg (29.09%), Vitamin B1: 0.43mg (28.44%), Iron: 4.29mg (23.83%), Vitamin B3: 4.1mg (20.5%), Copper: 0.4mg (19.89%), Vitamin B2: 0.3mg (17.77%), Vitamin B5: 1.65mg (16.51%), Zinc: 2.17mg (14.45%), Selenium: 9.09µg (12.99%), Calcium: 128.15mg (12.81%), Vitamin E: 0.94mg (6.25%), Vitamin D: 0.17µg (1.13%)