



Caramelized Onion and Mushroom Bisque

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



7

CALORIES



215 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 2 tablespoons sherry dry
- 14 oz mushroom caps fresh sliced
- 2 cloves garlic finely chopped
- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil
- 0.8 teaspoon salt
- 3 lb onion sweet sliced into rings

- 4 cups vegetable stock (32-oz carton)
- 0.5 cup whipping cream
- 0.1 teaspoon pepper white

Equipment

- bowl
- frying pan
- blender
- dutch oven

Directions

- In 4-quart Dutch oven, melt butter over medium heat. Cook onions in butter 35 minutes, stirring occasionally, until lightly browned and very tender.
- Add garlic; cook 1 minute.
- Add 1 cup of the broth, stirring to loosen browned bits from bottom of pan. Stir in 2 cups broth.
- Heat to boiling; reduce heat. Cover; simmer 10 minutes.
- Remove from heat; cool 30 minutes.
- Meanwhile, in 12-inch skillet, heat oil over medium-high heat. Cook mushrooms in oil 8 to 10 minutes or until lightly browned and liquid has evaporated; stir in 1/2 teaspoon of the salt.
- Remove from heat; keep warm.
- In blender, place half of the onion-broth mixture. Cover; blend on medium speed 2 minutes or until smooth.
- Pour into large bowl. Repeat with remaining mixture. Return pureed mixture to Dutch oven. Stir in remaining 1 cup broth and the whipping cream; heat to boiling.
- Remove from heat; stir in sherry, lemon juice, pepper and remaining 1/4 teaspoon salt. Top with mushrooms.

Nutrition Facts



PROTEIN 6.11% FAT 55.73% CARBS 38.16%

Properties

Glycemic Index:24.57, Glycemic Load:1.65, Inflammation Score:-8, Nutrition Score:9.080434863982%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 28.25mg, Quercetin: 28.25mg, Quercetin: 28.25mg, Quercetin: 28.25mg

Nutrients (% of daily need)

Calories: 215.41kcal (10.77%), Fat: 13.82g (21.27%), Saturated Fat: 6.52g (40.75%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 18.1g (6.58%), Sugar: 12.85g (14.28%), Cholesterol: 27.81mg (9.27%), Sodium: 837.73mg (36.42%), Alcohol: 0.44g (100%), Alcohol %: 0.13% (100%), Protein: 3.41g (6.82%), Vitamin B6: 0.44mg (21.94%), Manganese: 0.3mg (15.01%), Folate: 53.38µg (13.35%), Phosphorus: 129.13mg (12.91%), Fiber: 3.2g (12.8%), Vitamin C: 10.54mg (12.77%), Vitamin A: 638.04IU (12.76%), Vitamin B3: 2.48mg (12.41%), Potassium: 429.61mg (12.27%), Vitamin B2: 0.2mg (11.6%), Vitamin B5: 1.1mg (10.99%), Copper: 0.19mg (9.74%), Magnesium: 30.92mg (7.73%), Selenium: 4.88µg (6.98%), Vitamin B1: 0.09mg (6.28%), Zinc: 0.9mg (5.99%), Vitamin E: 0.87mg (5.79%), Calcium: 54.55mg (5.45%), Iron: 0.81mg (4.52%), Vitamin K: 3.85µg (3.66%), Vitamin D: 0.5µg (3.33%)