



Caramelized Onion and Mushroom Bisque



Vegetarian



Gluten Free

READY IN



97 min.

SERVINGS



15

CALORIES



108 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons cooking sherry dry
- ☐ 2 garlic cloves chopped
- ☐ 0.1 teaspoon ground pepper white
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 3 pounds onions separated sliced
- ☐ 0.3 teaspoon salt

- ☐ 0.5 teaspoon salt
- ☐ 14 ounce mushroom caps sliced
- ☐ 4.5 cups vegetable broth divided
- ☐ 0.5 cup whipping cream

Equipment

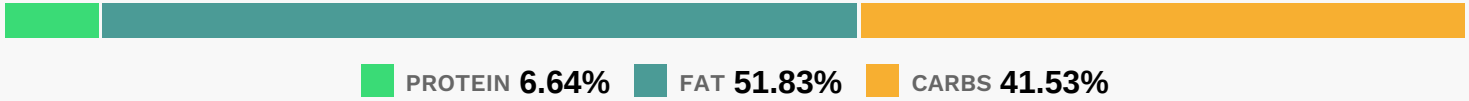
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium heat; add onions. Cook over medium heat, stirring occasionally, 35 minutes or until onion is lightly browned and very tender.
- ☐ Add garlic, and cook 1 minute.
- ☐ Add 1 cup broth, stirring to loosen browned bits from bottom of pan (can make ahead to this point.
- ☐ Remove onions from heat; cover and chill until ready to prepare remainder of soup). Stir in 2 cups broth; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Remove from heat, and let cool 30 minutes.
- ☐ Meanwhile, heat oil in a large skillet over medium-high heat.
- ☐ Add mushrooms, and cook 8 to 10 minutes, stirring once or twice, until mushrooms are lightly browned and liquid has evaporated; stir in 1/2 teaspoon salt.
- ☐ Remove from heat, and set aside.
- ☐ Process soup, in batches, in a blender or food processor 2 minutes or until smooth, stopping to scrape down sides. Return to Dutch oven. Stir in remaining 1 1/2 cups broth and whipping cream; bring to a boil.
- ☐ Remove from heat; stir in sherry, lemon juice, 1/4 teaspoon salt, and pepper.

- ☐ To serve, ladle soup into individual bowls, and top evenly with mushrooms; dollop each with sour cream, if desired.
- ☐ Make Ahead: To jump-start this recipe, begin a day ahead and caramelize the onions up to the point of adding 2 cups of broth.

Nutrition Facts



Properties

Glycemic Index:13.27, Glycemic Load:2.69, Inflammation Score:-6, Nutrition Score:4.6147825666096%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.43mg, Quercetin: 18.43mg, Quercetin: 18.43mg, Quercetin: 18.43mg

Nutrients (% of daily need)

Calories: 108.17kcal (5.41%), Fat: 6.47g (9.95%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 9.44g (3.43%), Sugar: 5.36g (5.95%), Cholesterol: 12.98mg (4.33%), Sodium: 418.64mg (18.2%), Alcohol: 0.21g (100%), Alcohol %: 0.13% (100%), Protein: 1.86g (3.73%), Vitamin B6: 0.2mg (9.78%), Manganese: 0.19mg (9.41%), Fiber: 2.22g (8.88%), Vitamin C: 7.28mg (8.82%), Potassium: 224.98mg (6.43%), Vitamin A: 315.34IU (6.31%), Phosphorus: 62.07mg (6.21%), Vitamin B2: 0.1mg (5.79%), Vitamin B3: 1.14mg (5.71%), Vitamin B5: 0.54mg (5.35%), Folate: 21.28µg (5.32%), Magnesium: 15.33mg (3.83%), Copper: 0.08mg (3.78%), Selenium: 2.28µg (3.26%), Vitamin B1: 0.05mg (3.23%), Zinc: 0.46mg (3.04%), Calcium: 28.18mg (2.82%), Vitamin E: 0.41mg (2.7%), Iron: 0.33mg (1.86%), Vitamin K: 1.89µg (1.8%), Vitamin D: 0.23µg (1.55%)