



## Chicken, Fennel and Mushroom Soup

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon butter
- 1 cup buttermilk
- 2 teaspoons chicken soup base
- 0.3 cup cream sherry
- 1.5 cups crimini mushrooms sliced
- 1 bulb fennel trimmed thinly sliced
- 3 tablespoons parsley fresh finely minced
- 0.5 cup half-and-half cream

- 1 teaspoon lemon pepper
- 1 tablespoon olive oil
- 0.3 cup bell pepper diced red
- 2 chicken breast halves boneless skinless
- 1.5 cups water

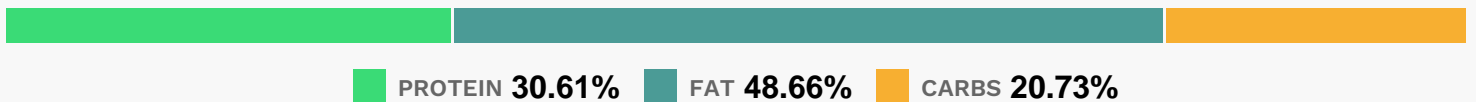
## Equipment

- frying pan
- sauce pan

## Directions

- Heat oil and butter in a saucepan over medium-high heat. Brown chicken on both sides then reduce heat to medium.
- Add lemon pepper, fennel and cream sherry. Simmer until chicken is cooked through but not dry. When chicken is cooked, remove it from the pan and set aside to cool.
- While chicken is cooling, add mushrooms, red pepper, parsley, buttermilk, half and half, water and chicken soup base; stir. Tear chicken into bite sized pieces and return them to the soup.
- Heat until warmed through but do not boil, mushrooms and peppers should still be firm.

## Nutrition Facts



## Properties

Glycemic Index:59.25, Glycemic Load:2.28, Inflammation Score:-7, Nutrition Score:19.196521800497%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg

0.45mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 224.94kcal (11.25%), Fat: 11.79g (18.14%), Saturated Fat: 4.82g (30.12%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 8.91g (3.24%), Sugar: 7.68g (8.53%), Cholesterol: 56.17mg (18.72%), Sodium: 433.23mg (18.84%), Alcohol: 1.54g (100%), Alcohol %: 0.55% (100%), Protein: 16.69g (33.38%), Vitamin K: 90.15µg (85.86%), Selenium: 29.04µg (41.49%), Vitamin B3: 7.56mg (37.79%), Vitamin C: 23.89mg (28.96%), Vitamin B6: 0.56mg (27.84%), Phosphorus: 269.65mg (26.96%), Vitamin B2: 0.39mg (22.83%), Potassium: 750.12mg (21.43%), Vitamin A: 879.71IU (17.59%), Vitamin B5: 1.72mg (17.24%), Calcium: 150.94mg (15.09%), Manganese: 0.26mg (12.96%), Copper: 0.23mg (11.7%), Magnesium: 42.53mg (10.63%), Fiber: 2.4g (9.59%), Folate: 38.15µg (9.54%), Vitamin E: 1.28mg (8.53%), Vitamin B12: 0.48µg (7.98%), Zinc: 1.18mg (7.85%), Vitamin B1: 0.11mg (7.66%), Iron: 1.12mg (6.24%), Vitamin D: 0.86µg (5.76%)