



Cream of Mushroom-and-Leek Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brandy
- ☐ 0.3 cup butter
- ☐ 14.5 ounce chicken broth canned
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 16 ounce mushrooms fresh sliced
- ☐ 1 cup half-and-half
- ☐ 2.3 cups leeks thinly sliced 3 leeks
- ☐ 0.5 teaspoon salt

- ☐ 2.6 ounce mccormick original country gravy mix
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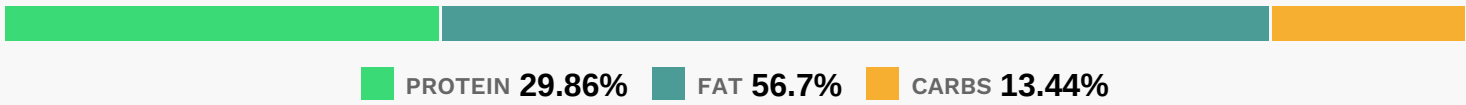
Equipment

- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium-high heat.
- ☐ Add leeks, mushrooms, and salt; saut 4 to 5 minutes or until leeks and mushrooms are tender.
- ☐ Add brandy, and cook, stirring often, 2 to 3 minutes.
- ☐ Stir in gravy mix and remaining ingredients, and cook 3 to 4 minutes or until thoroughly heated and slightly thickened.
- ☐ Serve immediately.
- ☐ * 2 tablespoons chicken broth may be substituted for brandy.
- ☐ Note: Soup will thicken upon standing. To thin soup, stir in 1/3 to 1/2 cup milk or until desired consistency.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:2.81, Inflammation Score:-8, Nutrition Score:19.897826329522%

Flavonoids

Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 444.54kcal (22.23%), Fat: 27.25g (41.92%), Saturated Fat: 9.01g (56.34%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 12.46g (4.53%), Sugar: 6.7g (7.44%), Cholesterol: 72.56mg (24.19%), Sodium: 972.54mg (42.28%), Alcohol: 2.51g (100%), Alcohol %: 0.91% (100%), Protein: 32.29g (64.58%), Selenium: 31.9µg (45.57%), Vitamin B2: 0.7mg (41%), Vitamin A: 1742.85IU (34.86%), Vitamin B3: 6.84mg (34.18%), Phosphorus: 333.57mg (33.36%), Vitamin K: 28.82µg (27.45%), Copper: 0.48mg (24.02%), Zinc: 3.47mg (23.11%), Vitamin B6: 0.46mg

(23.11%), Vitamin B12: 1.2µg (20.04%), Potassium: 695mg (19.86%), Vitamin B5: 1.95mg (19.54%), Iron: 3.14mg (17.47%), Manganese: 0.31mg (15.33%), Folate: 55.67µg (13.92%), Magnesium: 50.51mg (12.63%), Calcium: 118.86mg (11.89%), Vitamin C: 9.02mg (10.94%), Vitamin B1: 0.14mg (9.5%), Vitamin E: 1.4mg (9.34%), Fiber: 2.08g (8.33%), Vitamin D: 0.33µg (2.2%)