



Cream of Mushroom Soup

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



348 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups fat-skimmed chicken broth
- 1 tablespoon flour all-purpose
- 0.1 lb butter
- 0.5 pound mushrooms sliced
- 0.5 lb onion peeled finely chopped
- 2 servings salt and pepper
- 1 cup soy plain

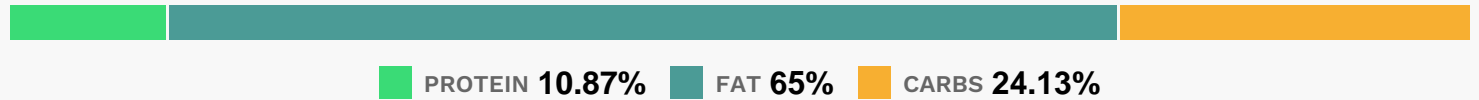
Equipment

- bowl
- frying pan
- ladle

Directions

- In a 5- to 6-quart pan over high heat, combine margarine, onion, and mushrooms. Cover and cook, stirring occasionally, until liquid evaporates and vegetables are lightly browned, 6 to 10 minutes.
- Sprinkle vegetables with flour and stir 1 to 2 minutes more.
- Stirring, add broth and bring to a simmer; cover and simmer 10 minutes, stirring occasionally. Stir in soy milk and add salt and pepper to taste. Ladle soup into bowls.

Nutrition Facts



Properties

Glycemic Index:83.71, Glycemic Load:6.43, Inflammation Score:-9, Nutrition Score:20.201739184234%

Flavonoids

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: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg

Nutrients (% of daily need)

Calories: 347.7kcal (17.38%), Fat: 25.99g (39.99%), Saturated Fat: 5.09g (31.8%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 18.08g (6.57%), Sugar: 10.3g (11.45%), Cholesterol: 0mg (0%), Sodium: 1226.73mg (53.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.78g (19.56%), Vitamin B3: 9.29mg (46.44%), Vitamin B2: 0.79mg (46.24%), Vitamin A: 1480.07IU (29.6%), Copper: 0.59mg (29.39%), Vitamin B12: 1.69µg (28.14%), Vitamin B6: 0.56mg (27.85%), Selenium: 18.84µg (26.92%), Vitamin E: 3.89mg (25.92%), Vitamin C: 19.33mg (23.42%), Folate: 87.43µg (21.86%), Potassium: 759.58mg (21.7%), Calcium: 210.68mg (21.07%), Vitamin B5: 2.08mg (20.82%), Vitamin B1: 0.26mg (17.42%), Phosphorus: 159.71mg (15.97%), Fiber: 3.63g (14.54%), Manganese: 0.24mg (12.22%), Vitamin D: 1.64µg (10.95%), Iron: 1.8mg (9.99%), Zinc: 1.13mg (7.51%), Magnesium: 24.93mg (6.23%)