

Cream of Mushroom Soup

 Vegetarian

READY IN



50 min.

SERVINGS



18

CALORIES



214 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup butter divided
- 3 rib celery stalks diced
- 6 cups chicken broth
- 1 cup flour all-purpose
- 2.5 pounds mushrooms fresh sliced
- 2 garlic clove minced
- 1 small bell pepper diced green
- 0.3 teaspoon nutmeg

- 9 cups milk
- 2 medium onion diced
- 0.5 teaspoon pepper
- 2 teaspoons salt

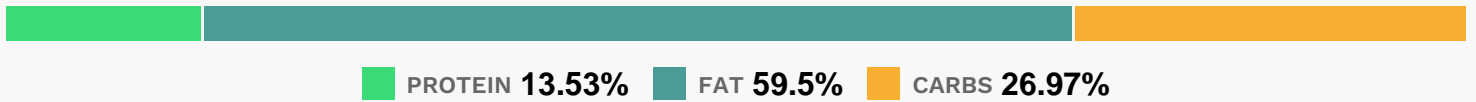
Equipment

- sauce pan

Directions

- In a large kettle, saute garlic in 2 tablespoons butter.
- Add onions, celery and green pepper; saute until tender.
- Add mushrooms; saute for 5 minutes. Stir in broth and simmer for 20 minutes. In a saucepan, melt remaining butter; stir in flour until smooth. Gradually stir in milk. Cook and stir over low heat until mixture comes to a boil; boil for 2 minutes.
- Add to mushroom mixture; stir in seasonings.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:6.77, Inflammation Score:-5, Nutrition Score:10.309130476869%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 213.98kcal (10.7%), Fat: 14.61g (22.48%), Saturated Fat: 8.82g (55.12%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 13.77g (5.01%), Sugar: 8.11g (9.01%), Cholesterol: 43.32mg (14.44%), Sodium: 680.56mg (29.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.95%), Vitamin B2: 0.51mg (30.09%), Phosphorus: 196.12mg (19.61%), Calcium: 163.5mg (16.35%), Selenium: 11.08µg (15.83%), Vitamin B3: 3.03mg (15.13%), Vitamin B5:

1.47mg (14.72%), Vitamin B1: 0.2mg (13.32%), Potassium: 435.59mg (12.45%), Vitamin B12: 0.72µg (12.02%), Copper: 0.23mg (11.65%), Vitamin A: 530.92IU (10.62%), Vitamin D: 1.47µg (9.79%), Vitamin B6: 0.17mg (8.59%), Manganese: 0.15mg (7.65%), Vitamin C: 5.64mg (6.84%), Folate: 26.63µg (6.66%), Zinc: 0.97mg (6.5%), Magnesium: 24.76mg (6.19%), Fiber: 1.12g (4.5%), Iron: 0.75mg (4.16%), Vitamin E: 0.41mg (2.76%), Vitamin K: 1.77µg (1.68%)