



## Cream of Mushroom Soup



Vegetarian



Gluten Free



Popular

READY IN



55 min.

SERVINGS



6

CALORIES



284 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 4 tablespoons olive oil extra virgin
- ☐ 4 tablespoons butter
- ☐ 900 g cremini mushrooms cleaned sliced roughly chopped (or button)
- ☐ 1 handful of shiitake mushrooms chopped ( )
- ☐ 0.8 cup shallots minced (6 ounces, 170 g)
- ☐ 3 teaspoons garlic minced
- ☐ 1 teaspoon kosher salt
- ☐ 0.8 teaspoon tarragon dried

- ☐ 1 liter chicken stock see for vegetarian option (or vegetable stock )
- ☐ 120 ml heavy cream
- ☐ 0.5 teaspoon pepper black freshly ground to taste (more or less )

## Equipment

- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ immersion blender

## Directions

- ☐ Heat olive oil on medium high heat in a 5–6 quart thick-bottomed pot. When the oil is hot, swirl in the butter. Once the butter has melted, add the mushrooms, stir to coat with the olive oil and butter.
- ☐ Cook the mushrooms on medium high heat until they are lightly browned and have released most of their water, about 10 minutes.
- ☐ Remove 1 cup of the cooked mushrooms from the pot and set aside (they will be added back in later).
- ☐ Add shallots, garlic: Reduce heat to medium.
- ☐ Add the minced shallots and the garlic to the pot, stir to combine, cook for about a minute.
- ☐ Add the salt, dried tarragon, and the stock to the pot. Increase the heat to medium high, bring to a simmer and cook, uncovered, for 10 minutes.
- ☐ Remove from heat.
- ☐ soup: Using an immersion blender or working in batches with a standing blender, purée the soup until smooth.
- ☐ Then return to the pot. (If the soup is too thick for you, add some water or more stock to thin the soup to the desired level of thickness.)
- ☐ Whisk the cream into the soup and add the black pepper. Adjust salt and pepper to taste. Stir in the reserved cooked mushrooms.

## Nutrition Facts



 PROTEIN **7.08%**  FAT **73.12%**  CARBS **19.8%**

Properties

Glycemic Index:48.17, Glycemic Load:2.4, Inflammation Score:-7, Nutrition Score:16.666521994964%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 283.85kcal (14.19%), Fat: 24.38g (37.5%), Saturated Fat: 10.75g (67.17%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 12.91g (4.7%), Sugar: 6.93g (7.7%), Cholesterol: 42.8mg (14.27%), Sodium: 1128.41mg (49.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.63%), Selenium: 40.29µg (57.56%), Vitamin B2: 0.79mg (46.33%), Copper: 0.79mg (39.36%), Vitamin B3: 5.82mg (29.09%), Vitamin B5: 2.41mg (24.11%), Potassium: 808.59mg (23.1%), Phosphorus: 215.18mg (21.52%), Manganese: 0.37mg (18.36%), Vitamin A: 894.34IU (17.89%), Vitamin B6: 0.3mg (15%), Zinc: 1.86mg (12.38%), Folate: 49.42µg (12.35%), Vitamin E: 1.78mg (11.84%), Vitamin B1: 0.17mg (11.24%), Fiber: 1.94g (7.77%), Vitamin K: 7.45µg (7.1%), Iron: 1.16mg (6.42%), Calcium: 60.1mg (6.01%), Magnesium: 22.88mg (5.72%), Vitamin C: 3.08mg (3.73%), Vitamin B12: 0.2µg (3.3%), Vitamin D: 0.47µg (3.15%)