



Cream of Mushroom Soup I

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



145 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter
- 1.5 cups chicken broth
- 0.1 teaspoon thyme dried
- 3 tablespoons flour all-purpose
- 5 cups mushrooms fresh sliced
- 0.3 teaspoon pepper black
- 1 cup half and half
- 0.5 cup onion chopped

- 0.3 teaspoon salt
- 1 tablespoon cooking sherry

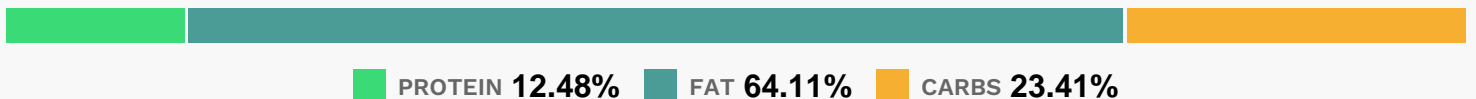
Equipment

- food processor
- sauce pan
- whisk
- blender

Directions

- In a large heavy saucepan, cook mushrooms in the broth with onion and thyme until tender, about 10 to 15 minutes.
- In blender or food processor, puree the mixture , leaving some chunks of vegetable in it. Set aside.
- In the saucepan, melt the butter, whisk in the flour until smooth.
- Add the salt, pepper, half and half and vegetable puree. Stirring constantly, bring soup to a boil and cook until thickened. Adjust seasonings to taste, and add sherry.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.95, Inflammation Score:-4, Nutrition Score:7.5495652582334%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 145.45kcal (7.27%), Fat: 10.77g (16.56%), Saturated Fat: 6.49g (40.59%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 7.69g (2.8%), Sugar: 4.11g (4.56%), Cholesterol: 30.34mg (10.11%), Sodium: 389.23mg (16.92%), Alcohol: 0.26g (100%), Alcohol %: 0.16% (100%), Protein: 4.72g (9.43%), Vitamin B2: 0.46mg (27.04%), Vitamin B3: 3.31mg (16.53%), Selenium: 10.38µg (14.83%), Copper: 0.28mg (13.95%), Vitamin B5: 1.36mg (13.62%), Phosphorus: 119.69mg (11.97%), Potassium: 346.45mg (9.9%), Vitamin B1: 0.13mg (8.37%), Vitamin A: 320.4IU (6.41%), Manganese: 0.12mg (6.16%), Vitamin B6: 0.12mg (6.14%), Folate: 24.51µg (6.13%), Calcium: 54.26mg (5.43%), Fiber: 1.16g (4.63%), Zinc: 0.68mg (4.5%), Iron: 0.71mg (3.92%), Vitamin C: 3.04mg (3.68%), Magnesium: 14.56mg (3.64%), Vitamin B12: 0.13µg (2.2%), Vitamin E: 0.3mg (2.01%), Vitamin K: 1.58µg (1.51%), Vitamin D: 0.16µg (1.07%)