



Cream of Mushroom Soup II

READY IN



30 min.

SERVINGS



4

CALORIES



335 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons flour all-purpose
- 1 tablespoon chives fresh chopped
- 1 pound mushrooms fresh
- 1 teaspoon thyme leaves fresh chopped
- 1 sprig thyme leaves fresh
- 3 cloves garlic chopped
- 4 green onions thinly sliced
- 1 cup heavy whipping cream light
- 0.3 cup butter

- 4 servings salt and pepper to taste
- 4 cups vegetable broth

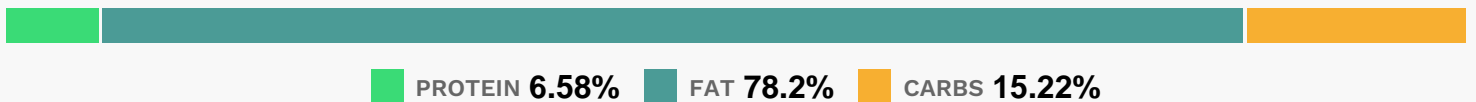
Equipment

- frying pan
- whisk

Directions

- Thinly slice the mushroom caps, discarding the stalks.
- Melt the butter in a heavy-based pan and cook the spring onion, garlic and lemon thyme, stirring, for 1 minute, or until the garlic is golden.
- Add the mushroom and salt and white pepper. Cook for 3 to 4 minutes, or until the mushroom just softens.
- Add flour and cook, stirring for 1 minute.
- Remove from the heat and add the stock, stirring continuously. Return to the heat and bring to the boil, stirring. Reduce the heat and simmer gently for 2 minutes, stirring occasionally.
- Whisk the cream into the soup, then reheat gently, stirring. Do not allow the soup to boil. Season to taste with salt and pepper, and garnish with the chopped chives and thyme.

Nutrition Facts



Properties

Glycemic Index:87.25, Glycemic Load:4.68, Inflammation Score:-9, Nutrition Score:12.731739189314%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 335kcal (16.75%), Fat: 30.36g (46.71%), Saturated Fat: 14g (87.48%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 11.59g (4.21%), Sugar: 4.63g (5.15%), Cholesterol: 66.32mg (22.11%), Sodium: 1296.03mg (56.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.49%), Vitamin A: 1801.43IU (36.03%), Vitamin B2: 0.57mg (33.58%), Vitamin K: 28.1µg (26.76%), Vitamin B3: 4.44mg (22.2%), Copper: 0.39mg (19.62%), Vitamin B5: 1.91mg (19.09%), Selenium: 12.51µg (17.88%), Phosphorus: 150.4mg (15.04%), Potassium: 477.5mg (13.64%), Vitamin B1: 0.15mg (9.94%), Folate: 37.54µg (9.39%), Vitamin C: 7.36mg (8.92%), Vitamin B6: 0.18mg (8.82%), Manganese: 0.15mg (7.62%), Vitamin E: 1.05mg (6.99%), Fiber: 1.72g (6.87%), Calcium: 66.01mg (6.6%), Iron: 1.12mg (6.22%), Zinc: 0.86mg (5.71%), Magnesium: 20.12mg (5.03%), Vitamin D: 0.59µg (3.9%), Vitamin B12: 0.18µg (2.98%)