



## Cream of Wild Mushroom Soup

 Vegetarian

READY IN



110 min.

SERVINGS



6

CALORIES



449 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 servings pepper black freshly ground
- 0.3 pound plus 1 tablespoon butter unsalted divided (1 stick)
- 1 carrots chopped
- 5 ounces cremini mushrooms fresh (or porcini)
- 1 cup cooking wine dry white
- 0.3 cup flour all-purpose
- 0.5 cup flat-leaf parsley fresh minced
- 5 ounces mushroom caps fresh

- 1 cup half-and-half
- 1 cup heavy cream
- 6 servings kosher salt
- 2 cups leeks light white green chopped (2 leeks)
- 1 tablespoon olive oil good
- 5 ounces portabello mushrooms fresh
- 1 sprig thyme plus 1 teaspoon thyme leaves fresh divided minced
- 1 cup onion yellow chopped

## Equipment

- paper towels
- pot

## Directions

- Watch how to make this recipe.
- Clean the mushrooms by wiping them with a dry paper towel. Don't wash them! Separate the stems, trim off any bad parts, and coarsely chop the stems. Slice the mushroom caps 1/4-inch thick and, if they are big, cut them into bite-sized pieces. Set aside.
- To make the stock, heat the olive oil and 1 tablespoon of the butter in a large pot.
- Add the chopped mushroom stems, the onion, carrot, the sprig of thyme, 1 teaspoon salt, and 1/2 teaspoon pepper and cook over medium-low heat for 10 to 15 minutes, until the vegetables are soft.
- Add 6 cups water, bring to a boil, reduce the heat, and simmer uncovered for 30 minutes. Strain, reserving the liquid. You should have about 4 1/2 cups of stock. If not, add some water.
- Meanwhile, in another large pot, heat the remaining 1/4 pound of butter and add the leeks. Cook over low heat for 15 to 20 minutes, until the leeks begin to brown.
- Add the sliced mushroom caps and cook for 10 minutes, or until they are browned and tender.
- Add the flour and cook for 1 minute.
- Add the white wine and stir for another minute, scraping the bottom of the pot.

- Add the mushroom stock, minced thyme leaves, 1 1/2 teaspoons salt, and 1 teaspoon pepper and bring to a boil. Reduce the heat and simmer for 15 minutes.
- Add the half-and-half, cream, and parsley, season with salt and pepper, to taste, and heat through but do not boil.
- Serve hot.

## Nutrition Facts

**PROTEIN 5.28%**

**FAT 76.76%**

**CARBS 17.96%**

### Properties

Glycemic Index:64.47, Glycemic Load:5.48, Inflammation Score:-10, Nutrition Score:19.516086764958%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

### Nutrients (% of daily need)

Calories: 449.18kcal (22.46%), Fat: 37.08g (57.04%), Saturated Fat: 22.06g (137.85%), Carbohydrates: 19.52g (6.51%), Net Carbohydrates: 16.85g (6.13%), Sugar: 7.61g (8.45%), Cholesterol: 99.57mg (33.19%), Sodium: 375.3mg (16.32%), Alcohol: 4.12g (100%), Alcohol %: 1.8% (100%), Protein: 5.74g (11.47%), Vitamin K: 102.25µg (97.38%), Vitamin A: 3821.37IU (76.43%), Vitamin B2: 0.42mg (24.5%), Selenium: 16.81µg (24.01%), Manganese: 0.4mg (20.15%), Phosphorus: 183.92mg (18.39%), Vitamin B3: 3.62mg (18.11%), Vitamin C: 13.65mg (16.55%), Potassium: 548.06mg (15.66%), Folate: 62.56µg (15.64%), Vitamin B6: 0.31mg (15.38%), Copper: 0.3mg (14.84%), Vitamin B5: 1.38mg (13.82%), Calcium: 118.84mg (11.88%), Vitamin E: 1.63mg (10.9%), Fiber: 2.67g (10.66%), Iron: 1.75mg (9.73%), Vitamin B1: 0.15mg (9.67%), Magnesium: 34.32mg (8.58%), Zinc: 1.15mg (7.64%), Vitamin D: 0.82µg (5.49%), Vitamin B12: 0.21µg (3.46%)