



Creamy Mushroom Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



20 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 lb baking potatoes peeled cut into 1-inch pieces (2)
- 2 Tbsp butter
- 2 stalks celery chopped
- 14 oz chicken broth fat-free reduced-sodium canned
- 1.5 lb mushrooms fresh sliced
- 0.3 cup parsley fresh chopped
- 4 oz philadelphia neufchatel cheese cubed ()
- 1 onion chopped

- 0.5 tsp pepper
- 4 cups water

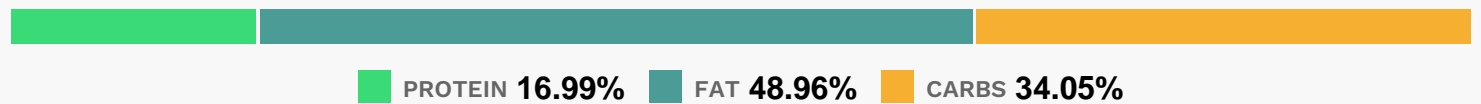
Equipment

- frying pan
- sauce pan
- whisk
- blender

Directions

- Melt butter in large skillet on medium heat.
- Add mushrooms, onions and celery; cook 6 to 8 min. or until onions and celery are crisp-tender, stirring occasionally.
- Remove 1 cup vegetable mixture; reserve for later use.
- Add potatoes, water, broth and pepper to remaining vegetable mixture in skillet; stir. Bring to boil; simmer on medium-low heat 15 min. or until potatoes are tender.
- Add 1/3 of the potato mixture to blender; blend until smooth.
- Pour into large saucepan. Repeat with remaining potato mixture. Stir in reserved vegetable mixture.
- Whisk in Neufchatel; cook 2 min. or until Neufchatel is completely melted and soup is heated through, stirring frequently. Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:7.04, Glycemic Load:0.91, Inflammation Score:-1, Nutrition Score:1.7730434796085%

Flavonoids

Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 19.96kcal (1%), Fat: 1.17g (1.79%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.52g (0.55%), Sugar: 0.56g (0.62%), Cholesterol: 3.22mg (1.07%), Sodium: 52.32mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin K: 6.21µg (5.92%), Vitamin B2: 0.07mg (4.14%), Vitamin B3: 0.67mg (3.33%), Copper: 0.06mg (3.07%), Vitamin B5: 0.28mg (2.76%), Selenium: 1.72µg (2.46%), Potassium: 86.06mg (2.46%), Phosphorus: 21.74mg (2.17%), Vitamin B6: 0.04mg (2%), Vitamin C: 1.28mg (1.56%), Vitamin A: 73.25IU (1.46%), Folate: 5.35µg (1.34%), Vitamin B1: 0.02mg (1.29%), Manganese: 0.02mg (1.23%), Fiber: 0.3g (1.21%)