



Creamy Mushroom Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



90 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

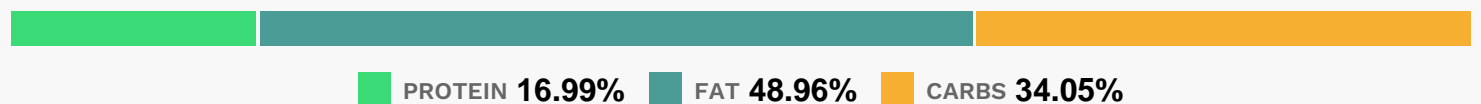
Equipment

- 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:31.67, Glycemic Load:4.12, Inflammation Score:-4, Nutrition Score:7.9817391763563%

Flavonoids

Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.23mg, Myricetin:

0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 89.84kcal (4.49%), Fat: 5.24g (8.07%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 6.84g (2.49%), Sugar: 2.5g (2.78%), Cholesterol: 14.5mg (4.83%), Sodium: 235.43mg (10.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Vitamin K: 27.95µg (26.62%), Vitamin B2: 0.32mg (18.65%), Vitamin B3: 3mg (14.98%), Copper: 0.28mg (13.81%), Vitamin B5: 1.24mg (12.43%), Selenium: 7.75µg (11.08%), Potassium: 387.26mg (11.06%), Phosphorus: 97.82mg (9.78%), Vitamin B6: 0.18mg (9%), Vitamin C: 5.78mg (7%), Vitamin A: 329.61IU (6.59%), Folate: 24.08µg (6.02%), Vitamin B1: 0.09mg (5.82%), Manganese: 0.11mg (5.54%), Fiber: 1.37g (5.46%), Magnesium: 16.77mg (4.19%), Iron: 0.75mg (4.16%), Zinc: 0.58mg (3.86%), Calcium: 31.61mg (3.16%), Vitamin B12: 0.15µg (2.42%), Vitamin E: 0.16mg (1.04%)