



 **11%**
HEALTH SCORE

Creamy Mushroom Soup ~ with a “Kick”

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound bacon cut into pieces
- 1 quart mushrooms sliced
- 1 quart mushrooms sliced
- 8 servings cilantro leaves for garnish chopped
- 1 large clove garlic minced
- 0.5 juice of lime
- 1 long pepper with seeds hot chopped
- 3 cups milk

- 8 servings olive oil for drizzling
- 1 cup potatoes
- 8 servings cheddar cheese shredded for garnish
- 0.5 onion sweet chopped
- 1 cup water your favorite (or bouillon)

Equipment

- frying pan
- pot

Directions

- Heat a large saucepot with a drizzle of olive oil.
- Place the garlic, long hot pepper, onion and mushrooms in the pot to saut until the onion is clear.Prepare the bacon on a heated griddle and let the bacon get nice and crispy. When the bacon is done set it aside.
- Add the tablespoon of bouillon and the cups of water to the pot and simmer.
- Add the cup of potato buds, stir and continue to simmer on low.
- Add the cups of milk and simmer on low for a few more minutes.When the soup is ready to be served add the lime juice and stir. Top the soup with the bacon bits, cilantro and cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:34.34, Glycemic Load:6.92, Inflammation Score:-5, Nutrition Score:24.583043478261%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Taste

Sweetness: 28.4%, Saltiness: 100%, Sourness: 23.96%, Bitterness: 32.54%, Savoriness: 74.86%, Fattiness: 71.28%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 440.51kcal (22.03%), Fat: 33.61g (51.7%), Saturated Fat: 11.4g (71.28%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 16.26g (5.91%), Sugar: 10.46g (11.63%), Cholesterol: 50.34mg (16.78%), Sodium: 341.77mg (14.86%), Protein: 19.84g (39.67%), Vitamin B2: 1.23mg (72.62%), Selenium: 35.32µg (50.46%), Vitamin B3: 9.53mg (47.67%), Phosphorus: 475.53mg (47.55%), Vitamin B5: 4.19mg (41.89%), Copper: 0.82mg (40.78%), Calcium: 342.35mg (34.23%), Potassium: 1080.26mg (30.86%), Vitamin B6: 0.47mg (23.51%), Vitamin B1: 0.32mg (21.43%), Zinc: 2.99mg (19.91%), Vitamin B12: 0.98µg (16.29%), Vitamin E: 2.38mg (15.9%), Vitamin C: 11.84mg (14.35%), Folate: 55.74µg (13.93%), Magnesium: 50.54mg (12.63%), Fiber: 3.15g (12.59%), Vitamin D: 1.72µg (11.44%), Vitamin K: 10.31µg (9.82%), Vitamin A: 462.53IU (9.25%), Iron: 1.65mg (9.18%), Manganese: 0.18mg (9.12%)