



Creamy Mushroom Soup with Blue Cheese Toasts

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



1330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 crusty baguette thin
- 0.7 cup cheese blue crumbled
- 0.3 cup sherry dry
- 2 medium garlic clove thinly sliced
- 0.8 cup cup heavy whipping cream
- 2 teaspoons juice of lemon freshly squeezed
- 4 thyme sprigs fresh

- 2 tablespoons butter unsalted ()
- 12 cups mushrooms white sliced
- 1 cup onion yellow coarsely chopped

Equipment

- bowl
- baking sheet
- sauce pan
- pot
- blender
- broiler

Directions

- Melt butter in a large saucepan over medium heat. When foaming subsides, add onion, season with salt, and cook, stirring occasionally, until soft and translucent, about 5 minutes.
- Add sherry and cook until alcohol smell has dissipated, about 1 to 2 minutes.
- Add garlic, thyme leaves, and mushrooms and cook, stirring occasionally, until mushrooms are shrunken and nearly covered in liquid, about 20 minutes.
- Add broth or water and cook until flavors have melded, about 30 minutes. Process soup in a blender until smooth (you may have to do this in batches), then return to the pot over low heat.
- Add cream and bring to a simmer.
- Add lemon juice and season to taste with salt and freshly ground black pepper.
- Heat the broiler, top baguette slices with 1 to 2 teaspoons blue cheese each, and place on a baking sheet. Broil until cheese is bubbly and toast is crisp, about 1 to 2 minutes. Float 2 to 3 toasts in each bowl and serve.

Nutrition Facts



PROTEIN 15.11% **FAT 21.02%** **CARBS 63.87%**

Properties

Glycemic Index:41.29, Glycemic Load:139.72, Inflammation Score:-10, Nutrition Score:50.282609193221%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 1330.36kcal (66.52%), Fat: 30.9g (47.55%), Saturated Fat: 14.42g (90.15%), Carbohydrates: 211.23g (70.41%), Net Carbohydrates: 199.99g (72.72%), Sugar: 25.57g (28.41%), Cholesterol: 54.9mg (18.3%), Sodium: 2767.46mg (120.32%), Alcohol: 1.03g (100%), Alcohol %: 0.19% (100%), Protein: 49.98g (99.95%), Vitamin B1: 2.61mg (173.77%), Selenium: 92.92µg (132.75%), Vitamin B2: 2.24mg (131.61%), Vitamin B3: 26.08mg (130.42%), Folate: 491.03µg (122.76%), Manganese: 2.1mg (104.99%), Iron: 15.63mg (86.83%), Phosphorus: 649.28mg (64.93%), Copper: 1.14mg (57.13%), Calcium: 554.86mg (55.49%), Vitamin B5: 4.84mg (48.38%), Fiber: 11.24g (44.97%), Vitamin B6: 0.72mg (36.05%), Potassium: 1250.83mg (35.74%), Magnesium: 136.32mg (34.08%), Zinc: 4.85mg (32.31%), Vitamin A: 700.79IU (14.02%), Vitamin K: 14.3µg (13.62%), Vitamin E: 1.66mg (11.04%), Vitamin C: 8.21mg (9.95%), Vitamin D: 1µg (6.7%), Vitamin B12: 0.32µg (5.26%)