



Creamy Mushroom Soup with Tarragon

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 1 mushroom bouillon cube dry
- ☐ 2 teaspoons butter
- ☐ 8 ounce button mushrooms chopped
- ☐ 8 ounce cremini mushrooms chopped
- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 teaspoon tarragon fresh minced

- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.7 cup half-and-half
- ☐ 1.8 cups onion chopped
- ☐ 0.5 teaspoon cracked pepper black
- ☐ 1.5 teaspoons sea salt divided
- ☐ 5.5 cups water
- ☐ 1.3 ounce bread whole wheat

Equipment

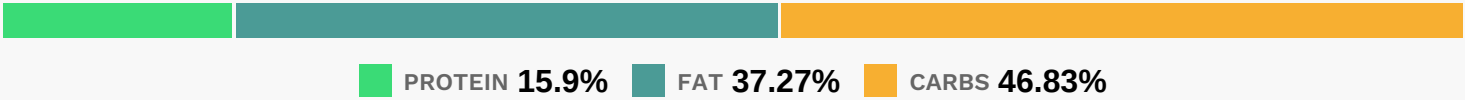
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Melt butter in a large Dutch oven over medium-high heat.
- ☐ Add onion, porcini mushrooms, tarragon, thyme, and bay leaf; saut 10 minutes or until onions are lightly browned.
- ☐ Add garlic, and cook 2 minutes, stirring frequently.
- ☐ Add wine, scraping pan to loosen browned bits.
- ☐ Add 1 teaspoon salt, pepper, button mushrooms, and cremini mushrooms. Cook 10 minutes, stirring occasionally.
- ☐ Place bread in a food processor; pulse 5 times or until crumbly.
- ☐ Add the breadcrumbs, water, and bouillon cube. Reduce heat; simmer 20 minutes. Discard bay leaf.
- ☐ Place about 2 1/2 cups mushroom mixture in a blender; process until smooth.
- ☐ Pour pureed soup into a large bowl. Repeat procedure with remaining mushroom mixture, 2 1/2 cups at a time. Stir in 1/2 teaspoon salt and half-and-half. Top each serving with 1

teaspoon chives.

Nutrition Facts



Properties

Glycemic Index:69.28, Glycemic Load:3.07, Inflammation Score:-6, Nutrition Score:10.647391391837%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.41mg, Isorhamnetin: 2.41mg, Isorhamnetin: 2.41mg, Isorhamnetin: 2.41mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg

Nutrients (% of daily need)

Calories: 125.41kcal (6.27%), Fat: 4.96g (7.63%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 11.86g (4.31%), Sugar: 5.12g (5.69%), Cholesterol: 13.02mg (4.34%), Sodium: 813.7mg (35.38%), Alcohol: 2.06g (100%), Alcohol %: 0.65% (100%), Protein: 4.76g (9.53%), Vitamin B2: 0.45mg (26.75%), Copper: 0.51mg (25.56%), Selenium: 17.45µg (24.92%), Manganese: 0.39mg (19.29%), Vitamin B5: 1.85mg (18.5%), Vitamin B3: 3.57mg (17.86%), Phosphorus: 145.52mg (14.55%), Potassium: 481.94mg (13.77%), Vitamin B6: 0.22mg (11.02%), Vitamin B1: 0.13mg (8.84%), Fiber: 2.16g (8.66%), Folate: 34.47µg (8.62%), Zinc: 1.17mg (7.78%), Calcium: 74.87mg (7.49%), Magnesium: 28.77mg (7.19%), Vitamin C: 5.91mg (7.16%), Iron: 0.91mg (5.06%), Vitamin A: 205.43IU (4.11%), Vitamin K: 3.61µg (3.44%), Vitamin B12: 0.11µg (1.89%), Vitamin D: 0.21µg (1.37%), Vitamin E: 0.16mg (1.06%)