



## Creamy Portobello Soup

READY IN



40 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons flour all-purpose
- 1 cup half-and-half
- 8 ounce ham steak diced
- 4 servings kosher salt and pepper freshly ground
- 4 leeks light white green thinly sliced ( and parts only)
- 2 cups chicken broth low-sodium
- 3 tablespoons madeira wine dry
- 2 portobello mushroom caps stemmed chopped
- 4 tablespoons butter unsalted

## Equipment

- whisk
- pot
- blender
- slotted spoon

## Directions

- Melt 2 tablespoons butter in a pot over medium-high heat and cook until lightly browned.
- Add the ham and cook until slightly browned, about 3 minutes.
- Remove the ham with a slotted spoon to a plate.
- Add 1/2 tablespoon butter, 1 cup leeks, and salt and pepper to taste. Cook 4 minutes, then add to the plate; set aside.
- Add the remaining 1 1/2 tablespoons butter, leeks, 1/2 teaspoon salt, and pepper to taste to the pot; cook until wilted, about 3 minutes.
- Add the mushrooms and cook 3 minutes.
- Sprinkle in the flour and cook, stirring, 2 minutes. Stir in 2 tablespoons sherry, if using, scraping up any browned bits, and cook until evaporated.
- Add the broth and 2 cups water. Cover and bring to a boil, then reduce the heat to low and simmer, uncovered, until the mushrooms are tender, 8 to 10 minutes.
- Puree the soup in batches in a blender until smooth, cracking the lid to let steam escape. Return to the pot, whisk in the half-and-half and bring just to a boil. Stir in three-quarters of the ham-leek mixture, the remaining 1 tablespoon sherry, if using, and salt and pepper to taste.
- Serve topped with the remaining ham and leeks.

## Nutrition Facts

    
**PROTEIN 20.21%** **FAT 54.49%** **CARBS 25.3%**

## Properties

Glycemic Index:30.5, Glycemic Load:6.68, Inflammation Score:-9, Nutrition Score:21.286521839059%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 360.92kcal (18.05%), Fat: 21.9g (33.69%), Saturated Fat: 12.54g (78.39%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 20.57g (7.48%), Sugar: 7.3g (8.12%), Cholesterol: 76.79mg (25.6%), Sodium: 1009.4mg (43.89%), Alcohol: 1.16g (100%), Alcohol %: 0.37% (100%), Protein: 18.27g (36.55%), Vitamin K: 43.66µg (41.58%), Vitamin A: 2047.66IU (40.95%), Vitamin B1: 0.6mg (39.69%), Vitamin C: 29.54mg (35.8%), Vitamin B3: 7.16mg (35.78%), Phosphorus: 328.26mg (32.83%), Selenium: 21.49µg (30.69%), Manganese: 0.53mg (26.56%), Vitamin B6: 0.53mg (26.49%), Vitamin B2: 0.38mg (22.45%), Folate: 83.63µg (20.91%), Potassium: 696.1mg (19.89%), Copper: 0.35mg (17.44%), Iron: 3.14mg (17.44%), Calcium: 130.83mg (13.08%), Zinc: 1.89mg (12.63%), Vitamin B12: 0.73µg (12.09%), Vitamin B5: 1.17mg (11.75%), Magnesium: 45.57mg (11.39%), Fiber: 2.3g (9.2%), Vitamin E: 1.31mg (8.71%), Vitamin D: 0.34µg (2.24%)