



Creamy Potato-Mushroom Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 slices bacon
- ☐ 3.5 cups baking potato cubed
- ☐ 4 cups cremini mushrooms chopped
- ☐ 14.5 ounce chicken broth fat-free divided canned
- ☐ 2 cups milk 1% low-fat
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots chopped

☐ 2 tablespoons cooking sherry

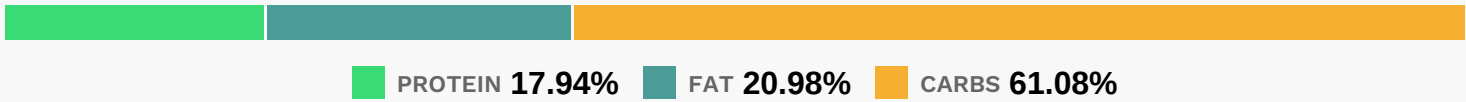
Equipment

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

Directions

- ☐ Cook bacon in a Dutch oven over medium heat until crisp.
- ☐ Remove bacon from skillet; crumble and set aside.
- ☐ Add mushrooms and shallots to bacon drippings in pan; saute 5 minutes or until the mushrooms are soft.
- ☐ Remove from pan; set aside.
- ☐ Add potato and broth to pan; bring to a boil. Cover, reduce heat, and simmer 12 minutes or until potato is very tender.
- ☐ Transfer potato mixture to a food processor; process until smooth. Return to pan.
- ☐ Add milk, mushroom mixture, sherry, salt, and pepper; cook over low heat 10 minutes or until thoroughly heated. Ladle soup into bowls; top with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:40.44, Glycemic Load:19.91, Inflammation Score:-5, Nutrition Score:18.55130457619%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 248kcal (12.4%), Fat: 5.87g (9.03%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 38.47g (12.82%), Net Carbohydrates: 35.35g (12.85%), Sugar: 10.46g (11.62%), Cholesterol: 13.16mg (4.39%), Sodium: 844.67mg (36.72%), Alcohol: 0.77g (100%), Alcohol %: 0.21% (100%), Protein: 11.3g (22.6%), Selenium: 26.56µg (37.95%), Vitamin B6: 0.75mg (37.63%), Vitamin B2: 0.6mg (35.24%), Potassium: 1215.92mg (34.74%), Phosphorus: 326.56mg (32.66%), Copper: 0.55mg (27.44%), Vitamin B3: 5.31mg (26.56%), Manganese: 0.44mg (21.81%), Vitamin B5: 2.18mg (21.76%), Vitamin B1: 0.3mg (19.94%), Calcium: 195.71mg (19.57%), Vitamin B12: 1.05µg (17.54%), Magnesium: 60.36mg (15.09%), Zinc: 1.96mg (13.07%), Folate: 49.91µg (12.48%), Fiber: 3.12g (12.46%), Vitamin C: 9.85mg (11.94%), Iron: 2mg (11.09%), Vitamin D: 1.41µg (9.43%), Vitamin A: 238.53IU (4.77%), Vitamin K: 2.95µg (2.81%)