



Creamy Triple-Mushroom Bisque with Turkey

READY IN



45 min.

SERVINGS



8

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 8 ounce button mushrooms quartered
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 cup cooking wine dry red
- ☐ 16 ounce less-sodium chicken broth fat-free canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 cup green onions thinly sliced
- ☐ 0.1 teaspoon ground pepper red

- ☐ 0.5 cup cream cheese light tub-style
- ☐ 2 cups milk 2% reduced-fat
- ☐ 6 ounce pre portobello mushrooms halved
- ☐ 0.5 teaspoon salt
- ☐ 3.5 ounce mushroom caps quartered
- ☐ 12 ounces dark-meat turkey cooked chopped
- ☐ 2.5 cups wild-rice blend long-grain cooked (such as Uncle Ben's)

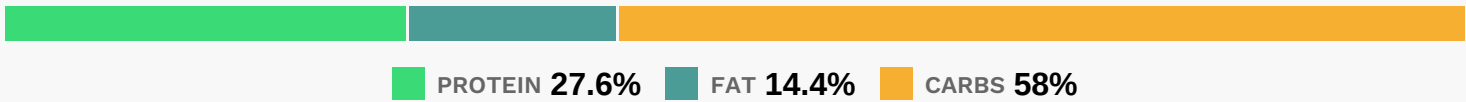
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place a large saucepan coated with cooking spray over medium-high heat until hot.
- ☐ Add mushrooms; cover and cook 5 minutes or until mushrooms are tender.
- ☐ Add turkey and next 6 ingredients (turkey through broth); bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- ☐ Remove from heat; stir in onions and chopped parsley.
- ☐ Place flour in a small bowl, and gradually add milk, stirring constantly with a whisk until well-blended.
- ☐ Add milk mixture to mushroom mixture, and bring to a boil. Cook for 1 minute or until thick. Reduce heat; add rice and cream cheese, stirring until cheese melts.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:21.32, Inflammation Score:-7, Nutrition Score:21.476956647375%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 322.99kcal (16.15%), Fat: 5.21g (8.02%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 47.24g (15.75%), Net Carbohydrates: 42.94g (15.61%), Sugar: 6.87g (7.64%), Cholesterol: 41.31mg (13.77%), Sodium: 518.79mg (22.56%), Alcohol: 0.79g (100%), Alcohol %: 0.33% (100%), Protein: 22.48g (44.97%), Vitamin B3: 9.88mg (49.41%), Phosphorus: 448.24mg (44.82%), Manganese: 0.78mg (39.24%), Vitamin B2: 0.55mg (32.39%), Selenium: 22.63µg (32.33%), Vitamin K: 32.75µg (31.19%), Vitamin B6: 0.61mg (30.73%), Zinc: 4.59mg (30.63%), Magnesium: 116.04mg (29.01%), Copper: 0.5mg (24.77%), Vitamin B5: 2.17mg (21.75%), Folate: 80.27µg (20.07%), Potassium: 683.52mg (19.53%), Vitamin B12: 1.11µg (18.56%), Fiber: 4.3g (17.18%), Calcium: 121.15mg (12.12%), Iron: 2.17mg (12.05%), Vitamin B1: 0.18mg (11.75%), Vitamin A: 329.54IU (6.59%), Vitamin C: 3.3mg (4.01%), Vitamin E: 0.58mg (3.84%), Vitamin D: 0.3µg (2%)