



Dairy-free Cream of Mushroom Soup



Dairy Free



Popular

READY IN



30 min.

SERVINGS



3

CALORIES



258 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups chicken broth for vegan option (see note above)
- ☐ 5 tablespoons non-hydrogenated dairy-free margarine (such as Earth Balance)
- ☐ 1 cup so delicious dairy free original coconut milk beverage
- ☐ 5 tablespoons flour all-purpose
- ☐ 8 ounce carton mushrooms white
- ☐ 1 onion small to medium
- ☐ 3 servings salt and pepper to taste

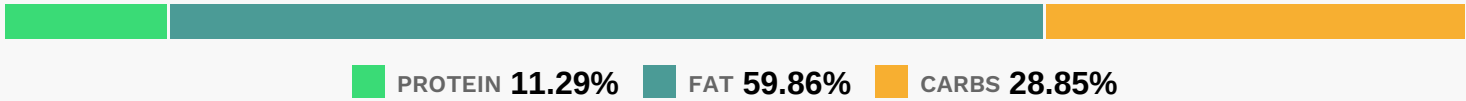
Equipment

☐ whisk

Directions

- ☐ Dice mushrooms and onions and sauté in margarine until the onions are translucent and the mushrooms have shrunk in size and turned dark.
- ☐ Whisk in the flour until well incorporated, then add broth and coconut milk beverage. Bring to boil, whisking constantly until the mixture is thickened. Season with salt and pepper and serve. Can be used as a standalone soup for a meal or in other dishes. Very tasty and easy!

Nutrition Facts



Properties

Glycemic Index:55.81, Glycemic Load:9.01, Inflammation Score:-8, Nutrition Score:15.614347779233%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 257.63kcal (12.88%), Fat: 17.39g (26.76%), Saturated Fat: 4.15g (25.93%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 16.83g (6.12%), Sugar: 5.75g (6.39%), Cholesterol: 3.13mg (1.04%), Sodium: 970.59mg (42.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.76%), Vitamin E: 6.58mg (43.87%), Vitamin B2: 0.62mg (36.74%), Vitamin B3: 6.44mg (32.21%), Vitamin A: 1204.13IU (24.08%), Selenium: 13.89µg (19.84%), Copper: 0.39mg (19.66%), Vitamin B1: 0.26mg (17.19%), Folate: 67.87µg (16.97%), Vitamin B6: 0.31mg (15.57%), Vitamin B12: 0.91µg (15.19%), Potassium: 453.01mg (12.94%), Calcium: 129.1mg (12.91%), Vitamin K: 13.13µg (12.51%), Vitamin B5: 1.25mg (12.46%), Vitamin C: 9.96mg (12.08%), Manganese: 0.24mg (12.03%), Phosphorus: 96.35mg (9.63%), Iron: 1.53mg (8.51%), Fiber: 2.03g (8.13%), Vitamin D: 1.1µg (7.3%), Zinc: 0.84mg (5.61%), Magnesium: 14.79mg (3.7%)