



WHATShEATe



Dry Cream of Soup Mix - Substitute

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



180 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

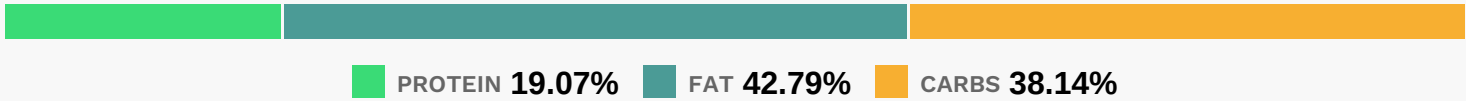
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons chicken bouillon
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 cup non-fat powdered milk (with soy milk powder for a dairy free option.)
- ☐ 1 tablespoon onion flakes

Equipment

Directions

- ☐ Combine mix ingredients.2 To make soup– add 2 c water.3 Cook over medium heat, stirring constantly until thick.4 CREAM OF MUSHROOM SOUP–
- ☐ Add sliced mushrooms.5 Can also be mixed up to use in recipes that call for cream soup.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:5.55, Inflammation Score:-4, Nutrition Score:8.9034782440766%

Nutrients (% of daily need)

Calories: 179.57kcal (8.98%), Fat: 8.59g (13.21%), Saturated Fat: 5.36g (33.48%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 16.95g (6.16%), Sugar: 12.78g (14.2%), Cholesterol: 31.04mg (10.35%), Sodium: 149.18mg (6.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.22%), Calcium: 301.29mg (30.13%), Phosphorus: 253.64mg (25.36%), Vitamin B2: 0.39mg (22.82%), Vitamin D: 3.36µg (22.4%), Vitamin B12: 1.04µg (17.33%), Potassium: 452.4mg (12.93%), Selenium: 5.44µg (7.78%), Magnesium: 30mg (7.5%), Vitamin B5: 0.75mg (7.48%), Zinc: 1.11mg (7.42%), Vitamin B1: 0.1mg (6.52%), Vitamin A: 305.47IU (6.11%), Vitamin B6: 0.12mg (5.98%), Vitamin K: 5.24µg (4.99%), Vitamin C: 3.75mg (4.55%), Folate: 14.74µg (3.69%), Manganese: 0.07mg (3.53%), Iron: 0.47mg (2.61%), Copper: 0.04mg (1.95%), Vitamin E: 0.21mg (1.42%), Vitamin B3: 0.24mg (1.18%), Fiber: 0.28g (1.1%)