



 **90%**
HEALTH SCORE

Easy Mushroom Broth

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



100 min.

SERVINGS



5

CALORIES



101 kcal

SIDE DISH

Ingredients

- 1 bay leaves
- 2 teaspoons peppercorns whole black
- 1 medium carrots
- 6 medium garlic clove
- 0.3 teaspoon kosher salt
- 1 medium leek white green rinsed halved lengthwise sliced (and pale parts only)
- 1 tablespoon olive oil
- 8 flat parsley italian

- 6 thyme sprigs
- 12 cups water
- 2 pounds mushrooms white trimmed quartered
- 1 medium onion yellow

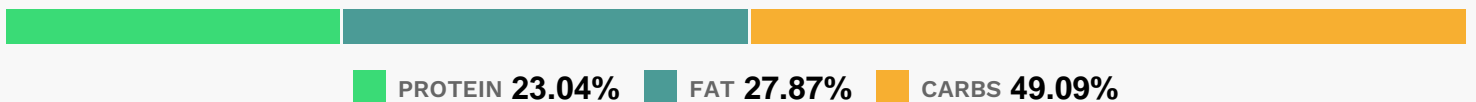
Equipment

- sauce pan
- pot
- sieve

Directions

- Heat the oil in a large pot over medium-high heat until shimmering.
- Add the carrot, leek, and onion and cook, stirring occasionally, until the onions and leeks have softened, about 8 minutes.
- Add the garlic and cook, stirring occasionally, until fragrant, about 1 minute.
- Add the mushrooms, parsley, thyme, bay leaf, and peppercorns and cook, stirring occasionally, until the mushrooms start to release some moisture, about 4 minutes.
- Add the water and bring to a boil. Reduce the heat to low and simmer until the vegetables are completely soft and the stock has a pronounced mushroom flavor, about 1 hour.
- Remove from the heat and strain through a fine-mesh strainer set over a large heatproof container or saucepan; discard the contents of the strainer. Stir in the salt. If not using immediately, let cool to room temperature, then refrigerate for up to 3 days or freeze for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:55.37, Glycemic Load:3.48, Inflammation Score:-10, Nutrition Score:19.181304392607%

Flavonoids

Apigenin: 3.48mg, Apigenin: 3.48mg, Apigenin: 3.48mg, Apigenin: 3.48mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 100.96kcal (5.05%), Fat: 3.63g (5.59%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 10.8g (3.93%), Sugar: 5.86g (6.51%), Cholesterol: 0mg (0%), Sodium: 168.62mg (7.33%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 6.76g (13.51%), Vitamin A: 2538.28IU (50.77%), Vitamin B2: 0.76mg (44.83%), Vitamin K: 40.93µg (38.98%), Copper: 0.75mg (37.33%), Vitamin B3: 6.86mg (34.28%), Vitamin B5: 2.86mg (28.59%), Manganese: 0.53mg (26.32%), Selenium: 17.77µg (25.39%), Potassium: 734.33mg (20.98%), Phosphorus: 183.43mg (18.34%), Vitamin B6: 0.33mg (16.46%), Vitamin C: 13.48mg (16.33%), Fiber: 3.6g (14.39%), Folate: 52.15µg (13.04%), Vitamin B1: 0.19mg (12.46%), Iron: 1.93mg (10.72%), Magnesium: 37.31mg (9.33%), Zinc: 1.19mg (7.94%), Calcium: 63.71mg (6.37%), Vitamin E: 0.7mg (4.69%), Vitamin D: 0.36µg (2.42%), Vitamin B12: 0.07µg (1.21%)