



Elegant Mushroom Soup

 Vegetarian

READY IN



10 min.

SERVINGS



3

CALORIES



210 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 1 cup chicken broth
- 2 tablespoons flour all-purpose
- 0.5 pound mushrooms fresh sliced
- 1 tablespoon parsley fresh minced
- 3 servings nutmeg
- 1 cup milk
- 1 large onion chopped

- 0.3 teaspoon pepper
- 0.1 teaspoon salt
- 3 servings cream sour

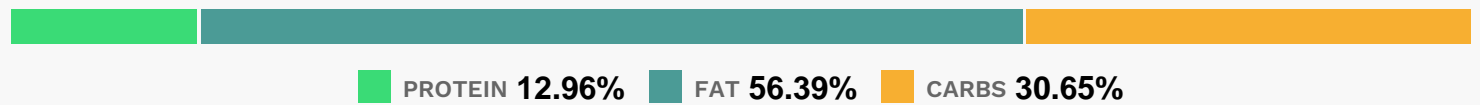
Equipment

- sauce pan

Directions

- In a large saucepan, saute onion and mushrooms in butter for 3 minutes or until onion is tender. Stir in the flour, pepper and salt; gradually add milk and broth. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Add parsley and nutmeg if desired.
- Top individual servings with a dollop of sour cream.

Nutrition Facts



Properties

Glycemic Index:118.67, Glycemic Load:6.22, Inflammation Score:-6, Nutrition Score:11.983478235162%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 210.41kcal (10.52%), Fat: 13.76g (21.17%), Saturated Fat: 8.12g (50.76%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 14.59g (5.3%), Sugar: 8.88g (9.86%), Cholesterol: 38.47mg (12.82%), Sodium: 489.13mg (21.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.23%), Vitamin B2: 0.53mg (30.98%), Vitamin K: 23.43µg (22.32%), Phosphorus: 186.85mg (18.69%), Vitamin B3: 3.4mg (17%), Selenium: 11.41µg (16.3%), Vitamin B5: 1.58mg (15.84%), Copper: 0.31mg (15.33%), Potassium: 488.72mg (13.96%), Calcium: 138.37mg (13.84%), Vitamin B1: 0.2mg (13.11%), Manganese: 0.26mg (12.82%), Vitamin A: 557.6IU (11.15%), Vitamin B6: 0.2mg (10.03%), Folate: 36.08µg (9.02%), Fiber: 2.24g (8.97%), Vitamin B12: 0.53µg (8.77%), Vitamin C: 7.23mg (8.76%), Magnesium:

29.45mg (7.36%), Vitamin D: 1.05 μ g (6.97%), Zinc: 1.01mg (6.73%), Iron: 0.94mg (5.23%), Vitamin E: 0.37mg (2.44%)