



Forest Mushroom Soup

READY IN



45 min.

SERVINGS



7

CALORIES



229 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter divided
- ☐ 4 cups chicken broth
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 tablespoons flour all-purpose
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 2 ounces mushroom caps fresh coarsely chopped
- ☐ 4 ounces mushroom caps fresh
- ☐ 3 garlic cloves minced
- ☐ 1 cup onion finely chopped

- ☐ 7 ounces oyster mushrooms fresh coarsely chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 7 servings pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 1 cup whipping cream

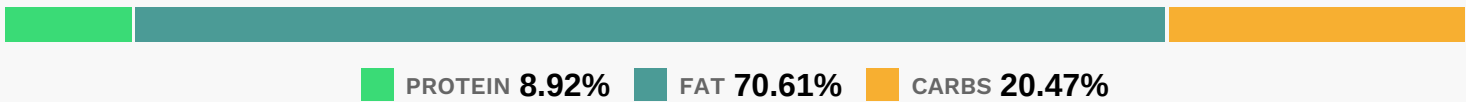
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Finely chop sliced mushrooms and 4 ounces shiitake mushrooms, or pulse mushrooms in a food processor 5 or 6 times.
- ☐ Saut finely chopped mushrooms, onion, and garlic in 2 tablespoons butter in a large saucepan over medium-high heat 8 minutes or until tender.
- ☐ Add wine; simmer 3 minutes or until wine has almost evaporated.
- ☐ Combine flour and 1/2 cup broth, stirring until smooth; add to soup. Stir in remaining 3 1/2 cups broth, salt, and pepper. Bring to boil; reduce heat, and simmer, uncovered, 10 minutes. Stir in whipping cream. Return soup to a boil; reduce heat, and simmer 1 minute.
- ☐ Remove from heat.
- ☐ Saut chopped oyster mushrooms and 1 cup shiitake mushrooms in remaining 1 tablespoon butter in a large skillet over medium-high heat 3 to 5 minutes or until golden; stir into soup. Season to taste with freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:43.86, Glycemic Load:3.02, Inflammation Score:-6, Nutrition Score:9.2465218512908%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 228.79kcal (11.44%), Fat: 17.8g (27.38%), Saturated Fat: 8.89g (55.57%), Carbohydrates: 11.61g (3.87%), Net Carbohydrates: 9.48g (3.45%), Sugar: 4.26g (4.73%), Cholesterol: 41.11mg (13.7%), Sodium: 907.17mg (39.44%), Alcohol: 1.77g (100%), Alcohol %: 0.73% (100%), Protein: 5.06g (10.12%), Vitamin B2: 0.45mg (26.68%), Vitamin B3: 4.08mg (20.4%), Vitamin A: 732.22IU (14.64%), Manganese: 0.28mg (14.05%), Vitamin B5: 1.38mg (13.8%), Phosphorus: 130.99mg (13.1%), Copper: 0.25mg (12.56%), Potassium: 411.45mg (11.76%), Selenium: 8.11µg (11.58%), Vitamin B6: 0.2mg (10.12%), Vitamin B1: 0.14mg (9.35%), Fiber: 2.13g (8.52%), Folate: 31.32µg (7.83%), Zinc: 0.91mg (6.08%), Vitamin D: 0.9µg (6.03%), Iron: 1.05mg (5.84%), Magnesium: 22.11mg (5.53%), Calcium: 42.49mg (4.25%), Vitamin E: 0.57mg (3.77%), Vitamin C: 2.99mg (3.62%), Vitamin B12: 0.1µg (1.67%), Vitamin K: 1.56µg (1.49%)