

Geneva's Ultimate Hungarian Mushroom Soup

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



178 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons flour all-purpose
- 4.5 teaspoons optional: dill fresh chopped
- 1.5 pounds mushrooms fresh sliced
- 1.5 pounds mushrooms fresh sliced
- 6 servings pepper black to taste
- 1 tablespoon paprika sweet
- 2 cups chicken broth low-sodium
- 2 cups onion chopped

- 1 teaspoon salt
- 1 cup skim milk
- 0.5 cup cream light sour
- 1 tablespoon soya sauce
- 0.5 tomatoes ripe
- 2 tablespoons butter unsalted
- 0.5 hungarian wax pepper

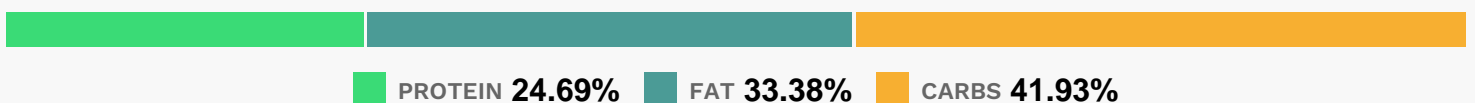
Equipment

- bowl
- whisk
- pot

Directions

- Melt the butter in a large pot over medium heat. Cook and stir the onions in the butter until fragrant, about 5 minutes.
- Add the mushrooms and continue cooking until the mushrooms are tender, about 5 minutes more. Stir the dill, paprika, soy sauce, and chicken broth into the mushroom mixture; reduce heat to low, cover, and simmer 15 minutes.
- Whisk the milk and flour together in a small bowl. Stir the mixture into the soup.
- Add the tomato and Hungarian wax pepper. Return cover to the pot and simmer another 15 minutes, stirring occasionally. Season with salt and pepper.
- Mix the sour cream into the soup and continue cooking and stirring until the soup has thickened, 5 to 10 minutes more.
- Remove the Hungarian wax pepper and tomato and discard before serving the soup.

Nutrition Facts



Properties

Glycemic Index:52.38, Glycemic Load:5.65, Inflammation Score:-7, Nutrition Score:20.078695753346%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.7mg, Isorhamnetin: 2.7mg, Isorhamnetin: 2.7mg, Isorhamnetin: 2.7mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg

Nutrients (% of daily need)

Calories: 178.09kcal (8.9%), Fat: 7.36g (11.32%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 20.81g (6.94%), Net Carbohydrates: 16.95g (6.16%), Sugar: 9.41g (10.46%), Cholesterol: 17.97mg (5.99%), Sodium: 627.72mg (27.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.5%), Vitamin B2: 1.07mg (62.8%), Vitamin B3: 9.91mg (49.56%), Copper: 0.81mg (40.62%), Vitamin B5: 3.68mg (36.79%), Selenium: 24.19µg (34.56%), Phosphorus: 306.81mg (30.68%), Potassium: 1039.9mg (29.71%), Vitamin B6: 0.38mg (18.83%), Vitamin A: 930.2IU (18.6%), Vitamin B1: 0.28mg (18.53%), Fiber: 3.86g (15.43%), Folate: 61.39µg (15.35%), Manganese: 0.26mg (13.11%), Vitamin C: 10.38mg (12.58%), Zinc: 1.74mg (11.62%), Calcium: 109.96mg (11%), Iron: 1.96mg (10.92%), Magnesium: 38.89mg (9.72%), Vitamin B12: 0.49µg (8.24%), Vitamin D: 1.01µg (6.74%), Vitamin E: 0.6mg (3.98%), Vitamin K: 2.56µg (2.44%)