

# Golden Cream Of Mushroom Soup With Crispy Shallots & Creme Fraiche

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



75 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 cups vegetable stock (or you could use mushroom or vegetable stock)
- 6 servings crème fraîche (for garnish)
- 8 ounces crimini mushrooms sliced
- 2 tablespoons flour
- 1 teaspoon thyme dried fresh (or )
- 1 clove garlic minced
- 0.3 cup half and half (used a combo of each)

- 6 servings salt and pepper
- 3 small shallots sliced thin
- 1 tablespoon tomato paste

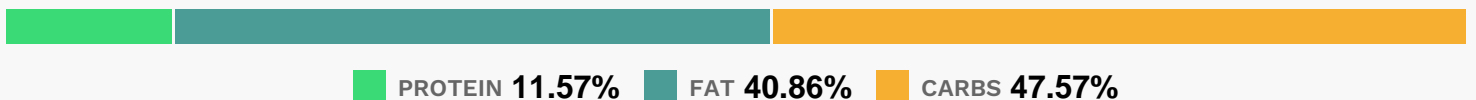
## Equipment

- paper towels
- pot
- blender
- dutch oven
- immersion blender

## Directions

- To make crispy shallots, cook in a thin layer of olive oil until golden (not too high of a heat, or they can easily burn). Set aside, on a paper towel. For the soup: In a Dutch Oven, heat a little bit of olive oil and butter-- just enough for a thin coating. Cook the mushrooms for about 3-5 minutes, until golden. Set aside. Using the same pot, add a little more olive oil and saute the sliced shallots until tender.
- Add the garlic and cook for about 1 minute. Season with a little kosher salt, pepper and dried thyme.
- Add the flour, stir and cook for about one minute. Return the mushrooms to the cooked shallots, add tomato paste and about 1 cup of the chicken stock. Stir to combine. All the remaining chicken stock and simmer for about 10 minutes. Puree the soup in batches, carefully, in a blender. I prefer to use an immersion blender right into the pot, which is so much simpler! Puree to your liking-- I leave small chunks of mushroom.
- Add the heavy cream/half & half.
- Serve with a dollop of creme fraiche and the crispy shallots on top.

## Nutrition Facts



## Properties

Glycemic Index:37.5, Glycemic Load:3.02, Inflammation Score:-5, Nutrition Score:5.7521739130435%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Taste

Sweetness: 34.97%, Saltiness: 100%, Sourness: 22.01%, Bitterness: 32.46%, Savoriness: 77.53%, Fattiness: 71.43%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 74.61kcal (3.73%), Fat: 3.59g (5.52%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 8.53g (3.1%), Sugar: 4.13g (4.59%), Cholesterol: 10.61mg (3.54%), Sodium: 855.39mg (37.19%), Protein: 2.29g (4.57%), Selenium: 11.81µg (16.88%), Vitamin B2: 0.25mg (14.42%), Copper: 0.22mg (10.97%), Vitamin A: 491.7IU (9.83%), Vitamin B3: 1.72mg (8.62%), Potassium: 272.52mg (7.79%), Phosphorus: 77.57mg (7.76%), Manganese: 0.14mg (6.93%), Vitamin B5: 0.69mg (6.9%), Vitamin B6: 0.11mg (5.43%), Folate: 20.09µg (5.02%), Vitamin B1: 0.07mg (4.79%), Iron: 0.73mg (4.03%), Calcium: 39.85mg (3.98%), Zinc: 0.6mg (3.97%), Fiber: 0.88g (3.5%), Vitamin K: 3.59µg (3.42%), Magnesium: 10.4mg (2.6%), Vitamin C: 2.02mg (2.45%), Vitamin E: 0.21mg (1.39%), Vitamin B12: 0.08µg (1.37%)