



Golden State Mushroom Soup

READY IN



20 min.

SERVINGS



6

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter cubed
- 1 teaspoon chicken soup base
- 14 ounces chicken broth canned
- 0.3 cup flour all-purpose
- 1 pound mushrooms fresh sliced
- 6 servings parsley fresh minced
- 1.5 cups milk
- 1 medium onion chopped
- 0.1 teaspoon pepper

- 0.5 teaspoon salt
- 8 ounces cream sour

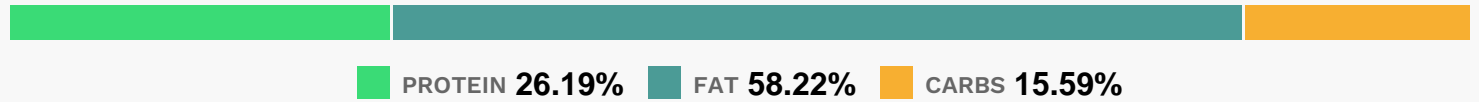
Equipment

- sauce pan

Directions

- In a large saucepan, saute mushrooms and onion in butter until tender. Stir in the flour, salt and pepper. Gradually stir in the milk, broth and bouillon; bring to a boil. Cook and stir for 2 minutes or until thickened. Reduce heat. Stir in sour cream; heat through (do not boil).
- Sprinkle with parsley if desired.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:4.93, Inflammation Score:-7, Nutrition Score:16.698695576709%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 346.99kcal (17.35%), Fat: 22.72g (34.95%), Saturated Fat: 11.37g (71.08%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 12.34g (4.49%), Sugar: 6.61g (7.34%), Cholesterol: 83.07mg (27.69%), Sodium: 694.79mg (30.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.99g (45.99%), Vitamin K: 68.69µg (65.42%), Selenium: 23.81µg (34.02%), Vitamin B2: 0.56mg (32.77%), Phosphorus: 272.71mg (27.27%), Vitamin B3: 4.81mg (24.05%), Vitamin A: 1025.32IU (20.51%), Vitamin B12: 1.12µg (18.63%), Zinc: 2.54mg (16.95%), Vitamin B5: 1.56mg (15.61%), Potassium: 538.75mg (15.39%), Copper: 0.3mg (15.11%), Vitamin B6: 0.29mg (14.28%), Calcium: 138.45mg (13.85%), Vitamin B1: 0.16mg (10.44%), Vitamin C: 8.61mg (10.43%), Iron: 1.8mg (10.02%), Folate: 35.93µg (8.98%), Magnesium: 35.9mg (8.98%), Vitamin D: 0.89µg (5.92%), Manganese: 0.11mg (5.7%), Fiber: 1.35g (5.4%), Vitamin E: 0.65mg (4.34%)