



Hearty mushroom soup



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



260 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 25 g the following: parmesan rind)
- ☐ 2 tbsp olive oil
- ☐ 1 medium onion diced finely
- ☐ 2 large carrots diced
- ☐ 2 garlic clove finely chopped
- ☐ 1 tbsp rosemary dried chopped
- ☐ 500 g mushrooms fresh such as chestnut, finely chopped
- ☐ 1.2 l vegetable stock fine (from a cube is)

- ☐ 5 tbsp sherry dry
- ☐ 2 tbsp tomato purée
- ☐ 100 g quick-cooking barley

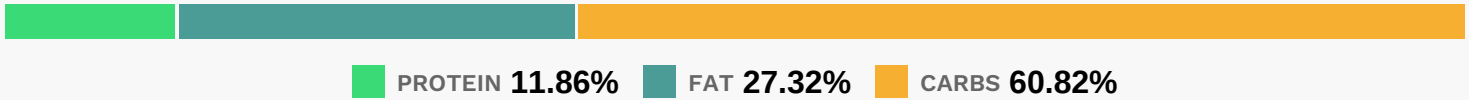
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put the porcini in a bowl with 250ml boiling water and leave to soak for 25 mins.
- ☐ Heat the oil in a pan and add the onion, carrot, garlic, rosemary and seasoning. Fry for 5 mins on a medium heat until softened.
- ☐ Drain the porcini, saving the liquid, and finely chop. Tip into the pan with the fresh mushrooms. Fry for another 5 mins, then add the stock, marsala or sherry, tomato pure, barley and strained porcini liquid.
- ☐ Cook for 30 mins or until barley is soft, adding more liquid if it becomes too thick.
- ☐ Serve in bowls with parmesan sprinkled over, if desired.

Nutrition Facts



Properties

Glycemic Index:66.46, Glycemic Load:4.67, Inflammation Score:-10, Nutrition Score:22.460434854031%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg 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: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 259.92kcal (13%), Fat: 8.04g (12.37%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 40.28g (13.43%), Net Carbohydrates: 32.4g (11.78%), Sugar: 8.8g (9.78%), Cholesterol: 0mg (0%), Sodium: 1231.18mg (53.53%), Alcohol: 1.93g (100%), Alcohol %: 0.44% (100%), Protein: 7.86g (15.71%), Vitamin A: 6721.66IU (134.43%), Copper: 0.88mg (44.25%), Vitamin B2: 0.65mg (38.42%), Vitamin B3: 7.09mg (35.43%), Vitamin B5: 3.49mg (34.94%), Selenium: 24.43µg (34.9%), Fiber: 7.88g (31.52%), Manganese: 0.63mg (31.28%), Potassium: 781.12mg (22.32%), Phosphorus: 211.15mg (21.11%), Vitamin B6: 0.39mg (19.52%), Vitamin B1: 0.21mg (14.29%), Folate: 52.9µg (13.22%), Magnesium: 52.22mg (13.06%), Zinc: 1.89mg (12.6%), Iron: 2.02mg (11.23%), Vitamin C: 8.82mg (10.7%), Vitamin K: 10µg (9.52%), Vitamin E: 1.43mg (9.52%), Calcium: 46.37mg (4.64%), Vitamin D: 0.49µg (3.29%)