



Hungarian Mushroom Soup



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 cups chicken stock see
- ☐ 2 teaspoons optional: dill dried
- ☐ 1 handful optional: dill fresh chopped
- ☐ 0.3 cup flour gluten-free for (or rice flour)
- ☐ 1 tablespoon juice of lemon
- ☐ 1 pound mushrooms sliced
- ☐ 1 onion diced

- ☐ 1 tablespoon paprika
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tablespoon soya sauce

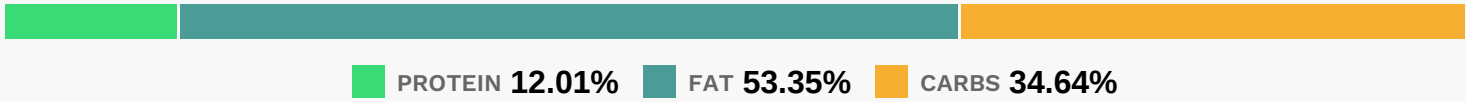
Equipment

- ☐ sauce pan

Directions

- ☐ Melt the butter in a large sauce pan over medium heat, add the onions and mushrooms and cook until the mushrooms have released their liquids and it has evaporated, about 10–15 minutes.
- ☐ Mix in the flour and paprika and let it cook for 2–3 minutes.
- ☐ Add the broth, dill, soy sauce, bring to a boil, reduce the heat and simmer for 10 minutes
- ☐ Season with salt, pepper mix in the sour cream, lemon juice and dill and remove from heat.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:2.83, Inflammation Score:-8, Nutrition Score:11.657391444496%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 189.64kcal (9.48%), Fat: 12.19g (18.75%), Saturated Fat: 6.61g (41.32%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 14.7g (5.35%), Sugar: 7g (7.78%), Cholesterol: 32.01mg (10.67%), Sodium: 1448.27mg (62.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.35%), Vitamin A: 1765.86IU (35.32%), Vitamin B2:

0.55mg (32.06%), Vitamin B3: 4.53mg (22.65%), Copper: 0.4mg (19.93%), Vitamin B5: 1.9mg (19.02%), Selenium: 11.97µg (17.1%), Potassium: 510.1mg (14.57%), Phosphorus: 143.55mg (14.36%), Fiber: 3.1g (12.39%), Vitamin B6: 0.22mg (11.01%), Iron: 1.66mg (9.22%), Manganese: 0.17mg (8.3%), Vitamin B1: 0.12mg (8.14%), Vitamin C: 6.6mg (8.01%), Folate: 29.23µg (7.31%), Calcium: 60.13mg (6.01%), Magnesium: 23.51mg (5.88%), Zinc: 0.85mg (5.69%), Vitamin E: 0.8mg (5.36%), Vitamin K: 2.44µg (2.32%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.23µg (1.51%)