



Joe's Homemade Mushroom Soup

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



245 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups butter
- ☐ 10 cups chicken broth
- ☐ 1.3 cups flour all-purpose
- ☐ 5 pounds mushrooms fresh sliced
- ☐ 0.5 cup parsley fresh minced
- ☐ 1 pinch ground nutmeg to taste
- ☐ 2.5 teaspoons ground pepper black
- ☐ 10 cups milk

- ☐ 1 large onion chopped
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup cup heavy whipping cream sour or as needed

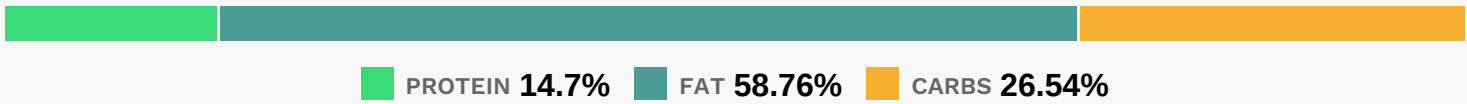
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Melt butter in a large saucepan over medium heat. Cook and stir onion and mushroom in hot butter until onion is tender, about 3 minutes. Stir flour, pepper, and salt into the onion mixture. Gradually stream milk and chicken broth into mixture while stirring to incorporate.
- ☐ Bring the liquid to a boil; cook at a boil until thickened, about 2 minutes.
- ☐ Remove saucepan from heat. Stir parsley and nutmeg into the soup. Ladle soup into bowls and top each with a dollop of sour cream.

Nutrition Facts



Properties

Glycemic Index:17.8, Glycemic Load:7.51, Inflammation Score:-6, Nutrition Score:14.818260845931%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 245.48kcal (12.27%), Fat: 16.72g (25.73%), Saturated Fat: 9.96g (62.24%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 15.4g (5.6%), Sugar: 9.09g (10.1%), Cholesterol: 49.19mg (16.4%), Sodium: 755.84mg (32.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.82%), Vitamin B2: 0.75mg (43.87%), Vitamin K:

26.46µg (25.2%), Vitamin B3: 4.98mg (24.9%), Phosphorus: 243.02mg (24.3%), Selenium: 16.28µg (23.26%), Vitamin B5: 2.24mg (22.41%), Copper: 0.4mg (20.02%), Potassium: 602.91mg (17.23%), Calcium: 170.75mg (17.07%), Vitamin B1: 0.25mg (16.84%), Vitamin A: 700.38IU (14.01%), Vitamin B12: 0.76µg (12.63%), Manganese: 0.21mg (10.58%), Vitamin D: 1.57µg (10.46%), Vitamin B6: 0.21mg (10.43%), Folate: 37.96µg (9.49%), Zinc: 1.28mg (8.55%), Magnesium: 30.33mg (7.58%), Iron: 1.15mg (6.4%), Fiber: 1.6g (6.38%), Vitamin C: 4.96mg (6.01%), Vitamin E: 0.48mg (3.2%)