




 **29%**
HEALTH SCORE

Mushroom and Artichoke Soup


 Vegetarian  Vegan  Dairy Free

READY IN




45 min.

SERVINGS



50

CALORIES



74 kcal

SOUP **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 56 ounce artichoke hearts canned quartered
- 0.8 cup capers
- 3 pounds carrots sliced
- 2 tablespoons thyme dried
- 0.8 cup flour all-purpose
- 3 pounds mushrooms fresh sliced
- 3 pounds mushrooms fresh sliced
- 0.8 cup parsley fresh chopped

- 3 cloves garlic minced
- 0.5 teaspoon ground pepper
- 0.5 teaspoon nutmeg
- 0.5 teaspoon pepper black
- 1 cup olive oil
- 6 portabello mushrooms dried softened
- 3 small onion red chopped
- 0.5 cup rice vinegar
- 1.5 teaspoons salt
- 3 pounds shallots thinly sliced
- 6 tablespoons savory vegetable
- 6 tablespoons savory vegetable
- 1 gallon water

Equipment

- food processor
- pot

Directions

- Place artichokes in a food processor, slice thinly and set aside. It works well when using a 3 millimeter slicing disk.
- Using a extra-large stock pot saute onions, garlic and shallots in olive oil and set on low. Cook for 15 minutes.
- Sprinkle flour over onions and cook for 1 minute. Stir in vinegar and cook for approximately 3 minutes, in order for vinegar to evaporate.
- Stir in water, vegetable base, salt, pepper, cayenne, nutmeg, thyme and sliced artichokes and cook for 25 minutes.
- Add dried mushrooms along with the water they soaked in, fresh mushrooms and carrots.
- Let cook for 15 minutes.
- Stir in capers and parsley, season with salt and serve.

Nutrition Facts

PROTEIN 17.96% FAT 14.39% CARBS 67.65%

Properties

Glycemic Index:11.58, Glycemic Load:3.72, Inflammation Score:-10, Nutrition Score:12.483478333639%

Flavonoids

Apigenin: 1.94mg, Apigenin: 1.94mg, Apigenin: 1.94mg, Apigenin: 1.94mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 73.96kcal (3.7%), Fat: 1.27g (1.96%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 13.47g (4.49%), Net Carbohydrates: 10.18g (3.7%), Sugar: 5.32g (5.91%), Cholesterol: 0mg (0%), Sodium: 291.82mg (12.69%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.58g (7.15%), Vitamin A: 4822.04IU (96.44%), Vitamin K: 22.56µg (21.49%), Vitamin B2: 0.27mg (16.05%), Vitamin B3: 2.94mg (14.72%), Copper: 0.27mg (13.63%), Fiber: 3.29g (13.17%), Potassium: 415.81mg (11.88%), Selenium: 8.05µg (11.51%), Vitamin B5: 1.11mg (11.11%), Vitamin B6: 0.22mg (11.01%), Manganese: 0.21mg (10.25%), Phosphorus: 91.2mg (9.12%), Vitamin C: 7.25mg (8.78%), Folate: 34.67µg (8.67%), Vitamin B1: 0.11mg (7.27%), Iron: 1.16mg (6.43%), Magnesium: 18.4mg (4.6%), Zinc: 0.59mg (3.93%), Calcium: 31.95mg (3.19%), Vitamin E: 0.37mg (2.49%)