



## Mushroom and Chicken with Sour Cream Soup

READY IN



50 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cubes beef bouillon from cube
- 2 cups button mushrooms chopped
- 1.5 teaspoons cornstarch
- 0.5 teaspoon tarragon dried
- 0.3 cup flour
- 1 bunch green onions chopped thin
- 0.3 teaspoon ground nutmeg
- 0.3 teaspoon cayenne pepper hot sauce
- 1 teaspoon juice of lemon

- 1 cup milk cold
- 1 cup rotisserie chicken cut chopped
- 2 pinches salt
- 4 servings salt and pepper to taste
- 1 cup heavy whipping cream sour
- 3 tablespoons butter unsalted
- 3.5 cups water hot

## Equipment

- frying pan

## Directions

- Melt the butter in a large skillet over medium heat. Stir the tarragon, nutmeg, green onions, and 2 pinches of salt into the melted butter; cook and stir until the green onions are softened, about 4 minutes.
- Add the mushrooms, stir to coat, and continue cooking until the mushrooms are tender, about 5 minutes more. Fold the chicken into the mixture and cook together until the chicken gets hot, about 1 minute.
- Sprinkle the flour over the mixture; stir until completely absorbed into the mixture, 3 to 4 minutes.
- Dissolve the beef bouillon cubes in the hot water; pour into the chicken mixture about 1/2 cup at a time, stirring to dissolve any clumps of flour between batches. Increase heat to bring the mixture to a boil; return heat to medium. Stir the sour cream into the mixture until well integrated.
- Dissolve the cornstarch into the cold milk; stir into the soup. Increase the heat to medium-high and cook the soup until it begins to bubble on the sides, but not boiling; again return heat to medium, stirring continually.
- Add the lemon juice, cayenne pepper sauce, salt, and pepper; stir.
- Serve hot.

## Nutrition Facts



■ PROTEIN 22.94% ■ FAT 62.1% ■ CARBS 14.96%

## Properties

Glycemic Index:87.25, Glycemic Load:5.95, Inflammation Score:-5, Nutrition Score:9.5543478157209%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 380.62kcal (19.03%), Fat: 26.8g (41.23%), Saturated Fat: 13.7g (85.64%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 13.59g (4.94%), Sugar: 6.1g (6.78%), Cholesterol: 120.6mg (40.2%), Sodium: 660.3mg (28.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.28g (44.56%), Vitamin B2: 0.43mg (25.06%), Vitamin A: 841.97IU (16.84%), Phosphorus: 161.77mg (16.18%), Calcium: 152.54mg (15.25%), Selenium: 10.61µg (15.15%), Vitamin K: 14.32µg (13.64%), Vitamin B3: 2.41mg (12.03%), Vitamin B5: 1.19mg (11.92%), Copper: 0.22mg (10.95%), Potassium: 356.97mg (10.2%), Vitamin B1: 0.15mg (10.1%), Vitamin B12: 0.49µg (8.15%), Folate: 31.28µg (7.82%), Vitamin B6: 0.13mg (6.41%), Vitamin D: 0.92µg (6.16%), Manganese: 0.12mg (6.13%), Magnesium: 24.04mg (6.01%), Zinc: 0.82mg (5.44%), Iron: 0.84mg (4.67%), Vitamin C: 3.36mg (4.07%), Vitamin E: 0.57mg (3.83%), Fiber: 0.94g (3.74%)