



Mushroom and Gorgonzola Soup

READY IN



50 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 27.5 ounce chicken broth canned
- 0.5 teaspoon rosemary leaves dried crumbled
- 2 tablespoons flour all-purpose
- 2 cloves garlic minced
- 0.5 cup gorgonzola blue crumbled
- 1 cup half-and-half cream
- 1 pound mushrooms sliced
- 0.5 onion diced

- 0.5 teaspoon salt
- 6 servings salt and pepper to taste
- 1 tablespoon cooking sherry

Equipment

- frying pan
- pot
- blender

Directions

- Place 2 tablespoons butter in a skillet and melt over medium-high heat. Stir in the onions, garlic, and mushrooms. Cook and stir until onions are soft and mushrooms reduce, about 5 minutes.
- Remove from heat.
- Meanwhile, place the remaining 2 tablespoons butter in a pot, and melt over medium-high heat. Stir in the flour; cook and stir until mixture turns golden brown, about 5 minutes. Gradually pour in the chicken broth, half-and-half, 1/2 teaspoon salt, and rosemary; stir to blend ingredients. Reduce heat to medium. Stir the gorgonzola cheese and mushroom mixture into the chicken broth mixture; bring soup to a simmer and cook 10 minutes, stirring frequently.
- Place half of the soup into a blender. Blend until smooth, and return to the pot. Stir in the sherry, and season with salt and pepper to taste. Cook until mixture thickens, about 5 minutes more.
- Garnish with fresh parsley, if desired, to serve.

Nutrition Facts



PROTEIN 39.86% FAT 51.23% CARBS 8.91%

Properties

Glycemic Index:54.33, Glycemic Load:2.29, Inflammation Score:-5, Nutrition Score:15.344782487206%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 399.36kcal (19.97%), Fat: 22.47g (34.57%), Saturated Fat: 10.31g (64.43%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 7.8g (2.83%), Sugar: 3.65g (4.06%), Cholesterol: 97.56mg (32.52%), Sodium: 1202.35mg (52.28%), Alcohol: 0.26g (100%), Alcohol %: 0.12% (100%), Protein: 39.34g (78.69%), Selenium: 34.95µg (49.92%), Phosphorus: 354.13mg (35.41%), Vitamin B2: 0.57mg (33.71%), Vitamin B3: 6.18mg (30.88%), Zinc: 4.15mg (27.67%), Vitamin B12: 1.55µg (25.86%), Vitamin B6: 0.39mg (19.52%), Copper: 0.32mg (16.21%), Potassium: 544.37mg (15.55%), Vitamin B5: 1.48mg (14.77%), Calcium: 129mg (12.9%), Iron: 2.29mg (12.71%), Vitamin A: 575.76IU (11.52%), Magnesium: 40.2mg (10.05%), Vitamin B1: 0.1mg (6.86%), Folate: 27.25µg (6.81%), Vitamin E: 0.66mg (4.43%), Manganese: 0.09mg (4.33%), Fiber: 1g (4.02%), Vitamin K: 4.18µg (3.98%), Vitamin C: 2.95mg (3.57%), Vitamin D: 0.34µg (2.25%)