



Mushroom and Gorgonzola Soup

READY IN



50 min.

SERVINGS



6

CALORIES



400 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
- 0.3 cup parsley fresh chopped
- 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 39.82%**  **FAT 51.13%**  **CARBS 9.05%**

Properties

Glycemic Index:59.67, Glycemic Load:2.32, Inflammation Score:-6, Nutrition Score:17.605652021325%

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 Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 400.26kcal (20.01%), Fat: 22.49g (34.6%), Saturated Fat: 10.31g (64.45%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 7.87g (2.86%), Sugar: 3.67g (4.08%), Cholesterol: 97.56mg (32.52%), Sodium: 1203.75mg (52.34%), Alcohol: 0.26g (100%), Alcohol %: 0.12% (100%), Protein: 39.42g (78.84%), Selenium: 34.95µg (49.93%), Vitamin K: 45.18µg (43.03%), Phosphorus: 355.58mg (35.56%), Vitamin B2: 0.58mg (33.85%), Vitamin B3: 6.21mg (31.05%), Zinc: 4.18mg (27.85%), Vitamin B12: 1.55µg (25.86%), Vitamin B6: 0.39mg (19.63%), Copper: 0.33mg (16.39%), Potassium: 558.22mg (15.95%), Vitamin A: 786.36IU (15.73%), Vitamin B5: 1.49mg (14.87%), Iron: 2.44mg (13.57%), Calcium: 132.45mg (13.25%), Magnesium: 41.45mg (10.36%), Folate: 31.05µg (7.76%), Vitamin C: 6.27mg (7.6%), Vitamin B1: 0.1mg (7%), Vitamin E: 0.68mg (4.56%), Manganese: 0.09mg (4.53%), Fiber: 1.09g (4.35%), Vitamin D: 0.34µg (2.25%)