



Mushroom and Leek Soup

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



162 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 31.5 ounce beef broth canned
- 0.5 cup sherry dry
- 4 ounces mushrooms fresh sliced
- 0.5 teaspoon pepper black
- 1 cup leek sliced
- 2 tablespoons butter
- 2 tablespoons olive oil
- 0.5 cup orzo pasta uncooked

3.8 cups water

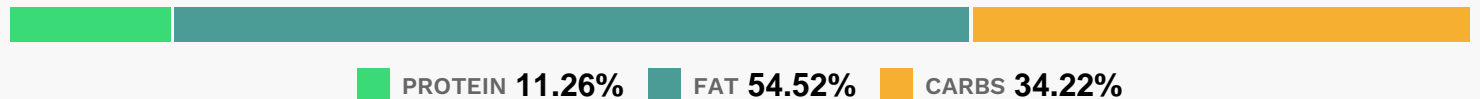
Equipment

pot

Directions

- In a large pot over medium high heat, saute the mushrooms and leeks in the butter or margarine and olive oil until tender.
- Add the sherry and reduce liquid by half.
- Then add the beef broth, water and ground black pepper. Bring to a boil and add the pasta. Boil gently for 10 minutes, or until the pasta is tender.
- Garnish with sliced mushrooms if desired.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:4.58, Inflammation Score:-4, Nutrition Score:5.67130436068%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 161.62kcal (8.08%), Fat: 9.05g (13.93%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 11.89g (4.32%), Sugar: 1.48g (1.64%), Cholesterol: 0mg (0%), Sodium: 610.85mg (26.56%), Alcohol: 2.06g (100%), Alcohol %: 0.7% (100%), Protein: 4.21g (8.41%), Selenium: 10.88µg (15.54%), Manganese: 0.25mg (12.72%), Vitamin B3: 2.14mg (10.7%), Vitamin K: 10.15µg (9.66%), Vitamin A: 415.11IU (8.3%), Vitamin B2: 0.12mg (7.31%), Copper: 0.14mg (7.04%), Phosphorus: 69.36mg (6.94%), Vitamin E: 0.97mg (6.47%), Potassium: 213.47mg (6.1%), Iron: 0.92mg (5.1%), Vitamin B6: 0.1mg (4.89%), Magnesium: 19.36mg (4.84%), Folate: 18.21µg (4.55%),

Vitamin B5: 0.4mg (4.03%), Fiber: 0.9g (3.59%), Calcium: 29.29mg (2.93%), Vitamin B1: 0.04mg (2.67%), Vitamin C: 2.19mg (2.65%), Zinc: 0.33mg (2.22%), Vitamin B12: 0.12µg (1.94%)