



Mushroom-Caraway Soup

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



252 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon caraway seeds
- 3 medium carrots quartered cut into 1-inch pieces
- 0.3 cup creme fraeche sour
- 10 ounces cremini white thinly sliced
- 4 servings kosher salt and pepper freshly ground
- 4 cups chicken broth low-sodium
- 4 slices pumpernickel bread
- 1 small onion diced red finely

- 1 tablespoon red wine vinegar
- 2 tablespoons butter unsalted

Equipment

- bowl
- sauce pan

Directions

- Melt the butter in a saucepan over medium-low heat.
- Add the caraway seeds and cook until fragrant, about 1 minute.
- Add the mushrooms and cook, stirring, until they begin to wilt, about 5 minutes.
- Add 1/4 teaspoon salt, and pepper to taste.
- Add the carrots and broth, cover and bring to a simmer. Uncover and cook until the carrots are tender, 10 to 12 minutes. Season with salt and pepper.
- Meanwhile, combine the onion, vinegar and a pinch of salt in a bowl and let marinate while the soup simmers. Toast the bread.
- Divide the soup among bowls and top with sour cream and the marinated onion.
- Serve with the toast.
- Photograph by Antonis Achilleos

Nutrition Facts

 PROTEIN 16.46%  FAT 41.17%  CARBS 42.37%

Properties

Glycemic Index:40.46, Glycemic Load:9.88, Inflammation Score:-10, Nutrition Score:18.262173885884%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 252.38kcal (12.62%), Fat: 12.2g (18.77%), Saturated Fat: 6.16g (38.48%), Carbohydrates: 28.26g (9.42%), Net Carbohydrates: 23.67g (8.61%), Sugar: 5.87g (6.53%), Cholesterol: 26.36mg (8.79%), Sodium: 498.55mg (21.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.95%), Vitamin A: 7938.34IU (158.77%), Vitamin B3: 7.29mg (36.44%), Vitamin B2: 0.52mg (30.73%), Manganese: 0.56mg (27.9%), Copper: 0.48mg (23.76%), Phosphorus: 229.96mg (23%), Selenium: 15.41µg (22.01%), Potassium: 710.28mg (20.29%), Fiber: 4.58g (18.34%), Folate: 57.1µg (14.27%), Vitamin B5: 1.42mg (14.21%), Vitamin B1: 0.21mg (13.97%), Vitamin B6: 0.24mg (12.11%), Iron: 2.02mg (11.21%), Magnesium: 36.79mg (9.2%), Zinc: 1.31mg (8.75%), Vitamin C: 6.44mg (7.81%), Calcium: 76.99mg (7.7%), Vitamin K: 7.18µg (6.84%), Vitamin B12: 0.32µg (5.27%), Vitamin E: 0.69mg (4.58%), Vitamin D: 0.25µg (1.64%)