



Mushroom-Gouda Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



221 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup baking potato diced peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup gouda cheese sauce smoked
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup shallots chopped
- ☐ 1 tablespoon cooking sherry
- ☐ 0.8 pound shiitake mushroom caps sliced
- ☐ 2 teaspoons stick margarine
- ☐ 1.3 cups water boiling

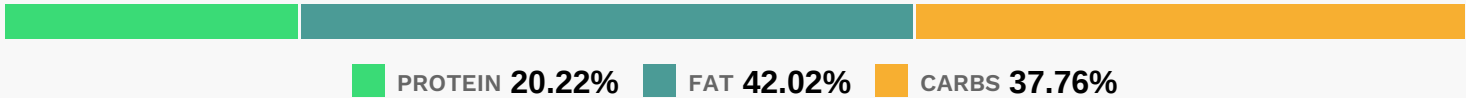
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Combine the porcini mushrooms and boiling water in a bowl; cover and let stand 30 minutes.
- ☐ Drain porcini mushrooms in a colander over a bowl, reserving 1 cup liquid. Rinse and chop porcini mushrooms; set aside.
- ☐ Melt butter in a large saucepan over medium-high heat.
- ☐ Add shiitake mushrooms, shallots, and garlic; saut 6 minutes or until tender. Stir in the porcini mushrooms, 1 cup reserved liquid, potato, and next 4 ingredients (potato through pepper). Bring to a boil; cover, reduce heat, and simmer 10 minutes or until potato is tender. Stir in Smoked Gouda Cheese Sauce; cook 5 minutes or until thoroughly heated. Stir in sherry.

Nutrition Facts



Properties

Glycemic Index:62.69, Glycemic Load:8.05, Inflammation Score:-5, Nutrition Score:14.284782445949%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg,

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Nutrients (% of daily need)

Calories: 221.39kcal (11.07%), Fat: 10.71g (16.48%), Saturated Fat: 5.64g (35.28%), Carbohydrates: 21.66g (7.22%),
Net Carbohydrates: 17.61g (6.4%), Sugar: 5.46g (6.06%), Cholesterol: 33.71mg (11.24%), Sodium: 805.98mg
(35.04%), Alcohol: 0.39g (100%), Alcohol %: 0.15% (100%), Protein: 11.6g (23.19%), Phosphorus: 315.62mg (31.56%),
Vitamin B6: 0.57mg (28.39%), Vitamin B5: 2.43mg (24.33%), Calcium: 235.12mg (23.51%), Vitamin B3: 4.6mg (23%),
Manganese: 0.44mg (22.15%), Vitamin B2: 0.36mg (21.3%), Copper: 0.41mg (20.44%), Selenium: 12.75µg (18.21%),
Potassium: 632.81mg (18.08%), Zinc: 2.57mg (17.16%), Fiber: 4.05g (16.22%), Magnesium: 47.59mg (11.9%), Folate:
39.22µg (9.8%), Vitamin B12: 0.57µg (9.52%), Iron: 1.36mg (7.58%), Vitamin C: 5.13mg (6.22%), Vitamin B1: 0.09mg
(5.91%), Vitamin A: 259.4IU (5.19%), Vitamin D: 0.63µg (4.18%), Vitamin K: 2.91µg (2.77%), Vitamin E: 0.17mg (1.13%)