



## Mushroom-Grain Chowder

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



170 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 bay leaves
- 1 cup carrots chopped
- 1 cup celery chopped
- 0.5 cup lentils dried
- 0.9 ounce mushroom caps dried
- 0.8 cup fennel bulb chopped
- 2 cups mushrooms fresh sliced
- 1 tablespoon olive oil

- 1 cup onion chopped
- 0.5 cup pearl barley uncooked
- 0.5 teaspoon pepper
- 0.3 cup quinoa uncooked
- 0.8 teaspoon salt
- 4 thyme sprigs
- 43.5 ounce vegetable broth canned
- 0.5 cup water boiling
- 4 cups water

## Equipment

- bowl
- dutch oven

## Directions

- Combine the boiling water and shiitake mushrooms in a bowl; cover and let stand 30 minutes.
- Drain mushrooms, reserving liquid. Discard mushroom stems; slice mushroom caps, and set aside.
- Heat oil in large Dutch oven over medium-high heat.
- Add onion and next 8 ingredients (onion through bay leaves); saut 3 minutes.
- Add 4 cups water and broth; bring to a boil. Cover, reduce heat, and simmer 35 minutes, stirring occasionally.
- Add shiitake mushrooms, fresh mushrooms, salt, and pepper; cover and simmer an additional 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:41.18, Glycemic Load:3.1, Inflammation Score:-10, Nutrition Score:15.118695757959%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 169.85kcal (8.49%), Fat: 2.68g (4.12%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 31.16g (10.39%), Net Carbohydrates: 23.11g (8.4%), Sugar: 4.29g (4.77%), Cholesterol: 0mg (0%), Sodium: 871.37mg (37.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Vitamin A: 3104.5IU (62.09%), Fiber: 8.06g (32.23%), Manganese: 0.62mg (31.1%), Folate: 96.42µg (24.11%), Copper: 0.44mg (22.2%), Phosphorus: 163.15mg (16.31%), Vitamin B5: 1.51mg (15.06%), Selenium: 10.2µg (14.58%), Vitamin B1: 0.21mg (13.77%), Magnesium: 53.81mg (13.45%), Potassium: 465.32mg (13.29%), Vitamin B2: 0.23mg (13.25%), Vitamin B3: 2.58mg (12.92%), Vitamin K: 13.15µg (12.52%), Vitamin B6: 0.25mg (12.43%), Iron: 2.02mg (11.2%), Zinc: 1.55mg (10.35%), Vitamin C: 5.75mg (6.97%), Vitamin E: 0.68mg (4.54%), Calcium: 40.7mg (4.07%), Vitamin D: 0.17µg (1.13%)