



Mushroom-Hummus Soup

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 pounds cremini mushrooms sliced
- 2 tablespoons parsley fresh roughly chopped
- 2 cloves garlic minced
- 6 servings greek yogurt for topping
- 0.8 cup water
- 1 juice of lemon grated
- 6 servings kosher salt and pepper freshly ground
- 6 cups chicken broth low-sodium

- 2 tablespoons madeira wine
- 2 tablespoons olive oil extra-virgin
- 2 scallions roughly chopped
- 2 shallots minced
- 2 sprigs thyme leaves

Equipment

- bowl
- sauce pan
- ladle
- blender

Directions

- Heat the olive oil in a medium saucepan over medium-high heat.
- Add the shallots and cook until soft, about 3 minutes.
- Add the mushrooms, season with salt and pepper, and cook until the liquid from the mushrooms evaporates, about 15 minutes.
- Add the garlic and cook 1 minute.
- Add the madeira wine and cook 2 minutes, scraping up any browned bits.
- Add the broth and thyme; simmer gently, stirring occasionally, about 30 minutes.
- Discard the thyme sprigs. Stir the hummus into the soup.
- Transfer half of the soup to a blender and puree (remove the filler cap to let steam escape), then return to the saucepan and simmer 15 more minutes.
- Remove from the heat, stir in the lemon juice and season with salt and pepper.
- Mix the lemon zest, parsley and scallions in a small bowl. Ladle the soup into bowls and top with the yogurt and lemon-parsley mixture.

Nutrition Facts



Properties

Glycemic Index:34.58, Glycemic Load:1.14, Inflammation Score:-7, Nutrition Score:23.792174261549%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 287.63kcal (14.38%), Fat: 9.92g (15.26%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 21.24g (7.08%), Net Carbohydrates: 18.33g (6.66%), Sugar: 9.42g (10.46%), Cholesterol: 10mg (3.33%), Sodium: 461.78mg (20.08%), Alcohol: 0.51g (100%), Alcohol %: 0.11% (100%), Protein: 30.54g (61.07%), Vitamin B2: 1.13mg (66.23%), Selenium: 45.45µg (64.92%), Phosphorus: 520.75mg (52.08%), Copper: 0.81mg (40.38%), Vitamin B3: 7.5mg (37.52%), Vitamin K: 33.06µg (31.49%), Potassium: 1039.51mg (29.7%), Vitamin B12: 1.73µg (28.84%), Calcium: 272.01mg (27.2%), Manganese: 0.45mg (22.61%), Vitamin B5: 2.17mg (21.69%), Zinc: 2.99mg (19.92%), Vitamin B6: 0.37mg (18.39%), Folate: 71.8µg (17.95%), Magnesium: 59.5mg (14.88%), Vitamin B1: 0.2mg (13.41%), Iron: 2.13mg (11.81%), Fiber: 2.91g (11.64%), Vitamin C: 5.97mg (7.24%), Vitamin E: 0.75mg (4.97%), Vitamin A: 185.99IU (3.72%)