



Mushroom-Potato Soup with Smoked Paprika

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



250 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pounds button mushrooms fresh
- ☐ 2 cups chicken broth
- ☐ 6 tbsp crème fraîche sour
- ☐ 2 ounces porcini mushrooms dried
- ☐ 1 cup cooking wine dry white
- ☐ 3 tablespoons olive oil
- ☐ 1 onion halved thinly sliced
- ☐ 3 ounces pancetta chopped

- ☐ 1.5 teaspoons salt
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 tablespoon paprika smoked (pimentón)
- ☐ 1.5 lbs yukon gold potatoes peeled chopped

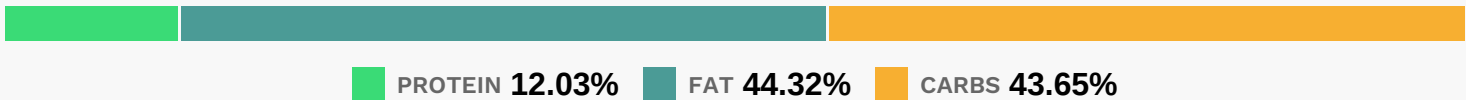
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ In a small bowl, pour 1 cup boiling water over dried porcini. Set aside.
- ☐ Cut off stems of button mushrooms. Finely chop stems; set aside. Halve caps, slice, and add to stems. With a slotted spoon, lift out porcini, pressing excess liquid into bowl, and transfer to a cutting board. Finely chop porcini and add to stems and caps. Reserve soaking liquid.
- ☐ Heat olive oil in a large pot over medium-high heat and add onion and salt. Cook, stirring, until onions are soft, about 3 minutes.
- ☐ Add pancetta and cook until onions look a bit creamy, about 2 minutes.
- ☐ Add paprika and cook until very fragrant, 2 minutes. Turn heat to high and add mushrooms. Cook, stirring constantly, until mushrooms start giving off their liquid, 3 to 5 minutes.
- ☐ Add wine and cook until liquid is reduced by half, about 3 minutes.
- ☐ Add reserved porcini soaking liquid (pouring carefully to leave behind the sandy dregs), chicken broth, 2 cups water, and potatoes. Bring to a boil, then reduce heat to low and simmer, uncovered, until potatoes are tender, 10 to 15 minutes.
- ☐ Season with salt and pepper to taste.
- ☐ Serve hot, with a dollop of crme frache.

Nutrition Facts



Properties

Glycemic Index:25.59, Glycemic Load:11.93, Inflammation Score:-6, Nutrition Score:15.787391393081%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 250.08kcal (12.5%), Fat: 11.9g (18.31%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 22.28g (8.1%), Sugar: 4.03g (4.47%), Cholesterol: 13.5mg (4.5%), Sodium: 740.2mg (32.18%), Alcohol: 3.09g (100%), Alcohol %: 1.28% (100%), Protein: 7.27g (14.54%), Copper: 0.76mg (37.89%), Vitamin B5: 3.22mg (32.24%), Vitamin B2: 0.54mg (31.57%), Vitamin B3: 5.67mg (28.34%), Vitamin B6: 0.49mg (24.51%), Vitamin C: 19.9mg (24.12%), Potassium: 842.9mg (24.08%), Selenium: 14.3µg (20.42%), Manganese: 0.36mg (18.16%), Phosphorus: 179.25mg (17.92%), Fiber: 4.1g (16.4%), Vitamin B1: 0.21mg (14.17%), Magnesium: 45.45mg (11.36%), Folate: 43.52µg (10.88%), Zinc: 1.53mg (10.18%), Vitamin A: 494.67IU (9.89%), Iron: 1.64mg (9.11%), Vitamin E: 1.13mg (7.57%), Vitamin K: 5.95µg (5.67%), Calcium: 34.14mg (3.41%), Vitamin D: 0.49µg (3.26%), Vitamin B12: 0.12µg (1.96%)