



Mushroom Soup with Hazelnut Gremolata



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 tablespoons butter divided
- ☐ 1 cup carrots peeled sliced (1 large)
- ☐ 6 cups crimini mushrooms sliced (baby bella)
- ☐ 0.5 ounce the following: parmesan rind) dried
- ☐ 5 cups mushrooms wild fresh assorted stemmed sliced (such as chanterelle, crimini, and shiitake)
- ☐ 0.5 cup parsley fresh coarsely chopped
- ☐ 1 garlic clove chopped
- ☐ 0.3 cup hazelnuts husked toasted finely chopped

- ☐ 0.3 cup olive oil
- ☐ 1.3 cups onion chopped
- ☐ 3 cups vegetable stock ()
- ☐ 1 cup water hot

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Place porcini in 1 cup hot water.
- ☐ Let soak until soft, about 20 minutes. Strain, reserving soaking liquid. Coarsely chop porcini.
- ☐ Melt 2 tablespoons butter in large pot over medium-high heat.
- ☐ Add onion and carrot and sauté until soft, about 5 minutes.
- ☐ Add 1 pound crimini mushrooms; sprinkle with salt. Sauté until mushrooms are soft and browned, about 5 minutes.
- ☐ Add porcini and sauté 3 minutes.
- ☐ Add 3 cups broth and reserved porcini soaking liquid and bring to boil. Reduce heat to medium-low; cover and simmer until mushrooms are soft and flavors blend, about 20 minutes. Cool slightly. Working in batches, puree in blender until smooth, adding more broth by 1/2 cupful as needed. Return soup to pot.
- ☐ Mix parsley, oil, hazelnuts, orange peel, and garlic in small bowl. Set gremolata aside.
- ☐ Melt remaining 2 tablespoons butter in heavy large saucepan over medium-high heat.
- ☐ Add 12 ounces assorted mushrooms and sauté until soft and browned, about 10 minutes. Season to taste with salt and pepper. Divide soup among bowls. Top with sautéed mushrooms and gremolata.
- ☐ * Available in the produce section of many supermarkets and at specialty foods stores and Italian markets.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:2.77, Inflammation Score:-10, Nutrition Score:24.5847824444912%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 275.33kcal (13.77%), Fat: 23.1g (35.54%), Saturated Fat: 6.76g (42.25%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 12.14g (4.41%), Sugar: 6.57g (7.3%), Cholesterol: 20.07mg (6.69%), Sodium: 559.79mg (24.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.15%), Vitamin A: 4470.37IU (89.41%), Vitamin K: 93.55µg (89.09%), Vitamin B2: 0.74mg (43.53%), Copper: 0.86mg (43.01%), Selenium: 27.73µg (39.61%), Vitamin B3: 6.37mg (31.84%), Vitamin B5: 2.97mg (29.73%), Manganese: 0.57mg (28.31%), Potassium: 796.2mg (22.75%), Phosphorus: 199.68mg (19.97%), Vitamin E: 2.9mg (19.3%), Vitamin C: 12.61mg (15.28%), Folate: 59.38µg (14.85%), Vitamin B6: 0.29mg (14.69%), Vitamin B1: 0.21mg (13.84%), Fiber: 3.33g (13.31%), Zinc: 1.69mg (11.27%), Magnesium: 34.05mg (8.51%), Iron: 1.49mg (8.25%), Calcium: 47.37mg (4.74%), Vitamin D: 0.32µg (2.16%), Vitamin B12: 0.12µg (2%)