



WHATSheATE



Mushroom Soup with Hazelnuts

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



356 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 qt mushroom broth
- ☐ 2 celery stalks with leaves, chopped
- ☐ 1 pound cremini mixed chopped
- ☐ 1 handful chives cut into 2-in. lengths
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 3 large garlic cloves chopped
- ☐ 0.3 cup greek yogurt
- ☐ 0.3 cup hazelnuts toasted roughly chopped

- ☐ 1 teaspoon kosher salt
- ☐ 1 leek light white green rinsed chopped well
- ☐ 3 tablespoons olive oil
- ☐ 4 ounces pancetta cut into chunks
- ☐ 0.5 teaspoon pepper

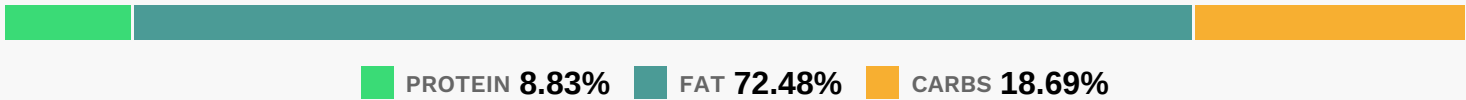
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Heat oil in a large pot over high heat.
- ☐ Add mushrooms, pancetta, celery, leek, and garlic. Cook, stirring often, until vegetables have softened, about 6 minutes.
- ☐ Add wine if using and cook 1 minute.
- ☐ Add rosemary, salt, pepper, broth, and 1 cup water, then cover and cook until simmering, about 6 minutes.
- ☐ Whirl soup in a blender until smooth. Divide among 4 bowls and top each with a dollop of crme frache and a sprinkle of chives and hazelnuts.

Nutrition Facts



Properties

Glycemic Index:65.75, Glycemic Load:4.14, Inflammation Score:-7, Nutrition Score:15.800000014512%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg
Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg,
Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg,
Isorhamnetin: 0.07mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin:
0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.11mg, Quercetin: 0.11mg,
Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 355.77kcal (17.79%), Fat: 29.78g (45.82%), Saturated Fat: 7.04g (43.97%), Carbohydrates: 17.28g (5.76%),
Net Carbohydrates: 13.08g (4.76%), Sugar: 6.46g (7.18%), Cholesterol: 27.19mg (9.06%), Sodium: 1736.91mg
(75.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.32%), Manganese: 0.92mg (45.86%), Vitamin
B3: 5.81mg (29.05%), Vitamin B6: 0.54mg (27.04%), Phosphorus: 213.52mg (21.35%), Vitamin A: 1045.09IU (20.9%),
Vitamin B5: 2.04mg (20.36%), Vitamin K: 21.22µg (20.21%), Vitamin E: 3.03mg (20.2%), Selenium: 13.45µg (19.21%),
Vitamin B2: 0.31mg (18.49%), Copper: 0.35mg (17.27%), Fiber: 4.2g (16.8%), Potassium: 533.95mg (15.26%), Zinc:
1.8mg (12.03%), Magnesium: 48.07mg (12.02%), Vitamin B1: 0.17mg (11.06%), Folate: 40.74µg (10.19%), Iron: 1.59mg
(8.84%), Vitamin C: 4.73mg (5.73%), Calcium: 48.83mg (4.88%), Vitamin D: 0.57µg (3.78%), Vitamin B12: 0.17µg
(2.87%)