



Mushroom Soup with Toasted Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



228 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 dill sprigs
- ☐ 2 garlic cloves thinly sliced
- ☐ 0.8 cup heavy cream
- ☐ 2 portobello mushrooms (stems discarded, caps coarsely chopped for garnish)
- ☐ 12 servings salt and pepper white freshly ground
- ☐ 18 ounces of sourdough bread
- ☐ 4 tablespoons butter unsalted
- ☐ 6 cups vegetable broth

☐ 1.5 pounds mushrooms white coarsely chopped

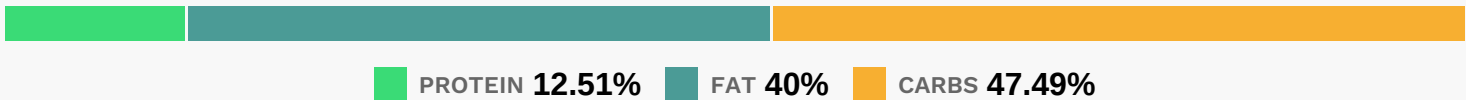
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat the oven to 30
- ☐ Bake the bread slices on a baking sheet for about 1 hour and 40 minutes, until deeply browned.
- ☐ In a pot, melt the butter.
- ☐ Add the mushrooms and the garlic; season with salt and pepper. Cover and cook over moderate heat, until the mushrooms are softened, 5 minutes.
- ☐ Add the broth and 1/2 cup of the cream; bring to a boil. Cover and simmer until the mushrooms are tender, 10 minutes.
- ☐ Add the toasted bread to the soup; simmer until softened, 5 minutes. Working in batches, puree the soup in a food processor. Return the soup to the pot, season with salt and pepper and keep warm.
- ☐ In a saucepan, bring the remaining 1/4 cup of cream to a boil.
- ☐ Remove from the heat; whisk until frothy. Ladle the soup into bowls, top with the frothed cream, garnish with the dill and portobello gills and serve.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:18.15, Inflammation Score:-6, Nutrition Score:11.198260887809%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 228.22kcal (11.41%), Fat: 10.48g (16.13%), Saturated Fat: 6.09g (38.09%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 25.76g (9.37%), Sugar: 4.88g (5.42%), Cholesterol: 26.84mg (8.95%), Sodium: 735.42mg (31.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.75%), Selenium: 20.66µg (29.52%), Vitamin B2: 0.46mg (27.25%), Vitamin B1: 0.36mg (24.09%), Vitamin B3: 4.76mg (23.8%), Manganese: 0.37mg (18.32%), Folate: 68.31µg (17.08%), Copper: 0.31mg (15.43%), Vitamin A: 662.78IU (13.26%), Iron: 2.37mg (13.14%), Phosphorus: 123.22mg (12.32%), Vitamin B5: 1.2mg (12%), Fiber: 2.24g (8.96%), Potassium: 307.11mg (8.77%), Vitamin B6: 0.14mg (7.03%), Zinc: 0.89mg (5.92%), Magnesium: 22.32mg (5.58%), Calcium: 43.46mg (4.35%), Vitamin C: 2.71mg (3.28%), Vitamin D: 0.46µg (3.09%), Vitamin E: 0.34mg (2.29%), Vitamin K: 1.11µg (1.06%), Vitamin B12: 0.06µg (1.02%)