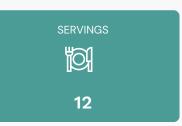


Mushroom Soup with Toasted Bread

Vegetarian







SOUP ANTIPASTI STARTER SNACK

Ingredients

12 dill sprigs
2 garlic cloves thinly sliced
0.8 cup heavy cream
2 portobello mushrooms@stems discardedblack coarsely chopped for garnish caps
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	
D:	ractions	
ווט	rections	
	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		
	PROTEIN 12.51% FAT 40% CARBS 47.49%	
	12101/0 170/0 1710/0	

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 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: Og (100%), Alcohol %: O% (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%)