



Mushroom Spinach Soup

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



164 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 3 tablespoons butter
- 9 cups chicken stock see
- 2 teaspoons savory dried
- 2 cloves garlic minced
- 10 servings ground pepper black to taste
- 3 leeks chopped
- 2 pounds mushrooms chopped

- 2 onions chopped
- 0.3 teaspoon oregano dried
- 10 servings salt to taste
- 0.3 cup cooking sherry
- 10 leaves pkt spinach fresh
- 2 tablespoons tomato paste

Equipment

Directions

- Saute butter, leeks, onion, and garlic until clear.
- Add mushrooms (except the 8 reserved chopped mushrooms), savory, oregano, sherry, stock, tomato paste and bay leaf. Simmer for 30 minutes or so.
- Strain out the vegetables.
- Stir the reserved mushrooms and spinach leaves into the broth, and cook until spinach is wilted.
- Add salt and pepper to taste.
- Serve garnished with Parmesan cheese if desired.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:2.49, Inflammation Score:-7, Nutrition Score:12.914347845575%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin:

4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 163.7kcal (8.18%), Fat: 6.44g (9.9%), Saturated Fat: 2.92g (18.28%), Carbohydrates: 17.6g (5.87%), Net Carbohydrates: 15.61g (5.68%), Sugar: 7.67g (8.52%), Cholesterol: 15.51mg (5.17%), Sodium: 567.04mg (24.65%), Alcohol: 0.82g (100%), Alcohol %: 0.28% (100%), Protein: 9.15g (18.3%), Vitamin B3: 6.94mg (34.72%), Vitamin B2: 0.57mg (33.69%), Copper: 0.46mg (23.14%), Selenium: 13.89µg (19.84%), Potassium: 644.85mg (18.42%), Vitamin K: 19.07µg (18.17%), Vitamin B6: 0.34mg (16.82%), Phosphorus: 158.85mg (15.88%), Vitamin B5: 1.44mg (14.41%), Vitamin A: 702.63IU (14.05%), Manganese: 0.26mg (12.76%), Folate: 50.19µg (12.55%), Vitamin B1: 0.18mg (12%), Vitamin C: 8.35mg (10.13%), Iron: 1.71mg (9.5%), Fiber: 1.99g (7.94%), Magnesium: 30.05mg (7.51%), Zinc: 0.89mg (5.96%), Vitamin E: 0.59mg (3.93%), Calcium: 36.84mg (3.68%), Vitamin D: 0.18µg (1.21%)