



Porcini Mushroom Soup



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



107 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce canned tomatoes diced drained canned
- ☐ 1 medium carrots finely chopped
- ☐ 2 rib celery stalks finely chopped
- ☐ 2 tablespoons optional: dill finely chopped
- ☐ 1 cup the following: parmesan rind) dried
- ☐ 2 tablespoons flat parsley finely chopped
- ☐ 3 garlic clove finely chopped
- ☐ 1 medium onion finely chopped

- ☐ 0.5 stick butter unsalted
- ☐ 6 cups water hot divided
- ☐ 1.5 pounds mushrooms white sliced quartered

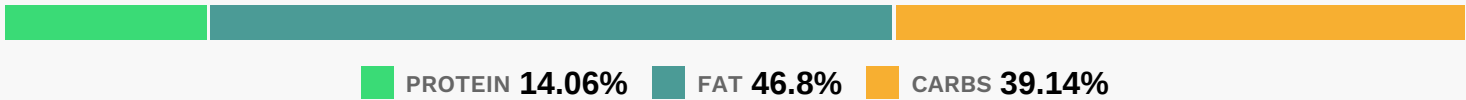
Equipment

- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Soak porcini in 2 cups hot water 15 minutes.
- ☐ Cook onion in butter with 1 teaspoon salt in a heavy medium pot over medium heat, stirring occasionally, until onion is golden brown, 10 to 12 minutes.
- ☐ Add celery, carrot, and garlic and cook, stirring occasionally, until softened, about 5 minutes.
- ☐ Transfer porcini with a slotted spoon to pot and strain soaking liquid through a fine-mesh sieve into a large glass measure.
- ☐ Add white mushrooms to pot with 1 teaspoon salt and 1/2 teaspoon pepper. Cook, stirring, until mushrooms are tender, 6 to 8 minutes. Stir in tomatoes, remaining 6 cups water, and porcini-soaking liquid. Simmer, partially covered, 30 minutes.
- ☐ Purée 1 cup vegetables and 1 cup liquid in a blender (use caution when blending hot liquids), then return to pot. Stir in parsley, dill, and salt to taste.
- ☐ Soup, without dill and parsley, can be made 3 days ahead and chilled.
- ☐ Add herbs after reheating.

Nutrition Facts



Properties

Glycemic Index:31.6, Glycemic Load:2.35, Inflammation Score:-8, Nutrition Score:12.646521744521%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 107.46kcal (5.37%), Fat: 6.25g (9.61%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 8.98g (3.27%), Sugar: 5.07g (5.64%), Cholesterol: 15.18mg (5.06%), Sodium: 91.34mg (3.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.45%), Vitamin A: 1658.07IU (33.16%), Copper: 0.59mg (29.6%), Vitamin B2: 0.43mg (25.13%), Vitamin B5: 2.24mg (22.44%), Vitamin B3: 4.33mg (21.65%), Vitamin K: 20.87µg (19.87%), Potassium: 537.5mg (15.36%), Selenium: 10.15µg (14.5%), Vitamin B6: 0.24mg (12.22%), Vitamin C: 10.04mg (12.17%), Manganese: 0.23mg (11.46%), Phosphorus: 111.22mg (11.12%), Fiber: 2.77g (11.09%), Vitamin B1: 0.13mg (8.95%), Folate: 33.14µg (8.29%), Iron: 1.32mg (7.32%), Magnesium: 27.97mg (6.99%), Zinc: 0.94mg (6.3%), Vitamin E: 0.9mg (5.99%), Calcium: 37.43mg (3.74%), Vitamin D: 0.41µg (2.75%)