



Portobello Mushroom Soup

 Vegetarian

READY IN



34 min.

SERVINGS



4

CALORIES



111 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 ounce chicken broth fat-free reduced-sodium canned
- ☐ 0.5 cup half-and-half fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.8 cup green onions chopped
- ☐ 1 tablespoon butter light
- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 0.3 teaspoon pepper
- ☐ 8 ounces portobello mushroom caps halved sliced

☐ 0.5 teaspoon salt

Equipment

☐ bowl

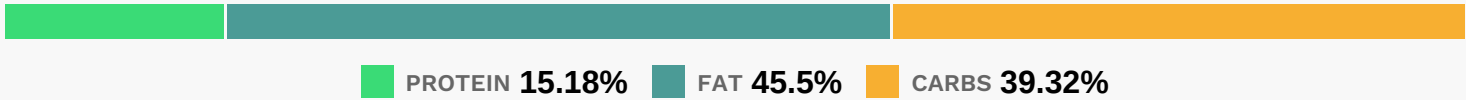
☐ whisk

☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium-high heat.
- ☐ Add mushrooms, and cook, stirring constantly, 3 to 5 minutes or until tender.
- ☐ Add green onions, and cook 2 minutes.
- ☐ Whisk together flour, broth, salt, and pepper in a medium bowl; add to mushroom mixture, stirring well to combine. Bring to a boil, and cook, uncovered, 1 minute.
- ☐ Remove from heat.
- ☐ Combine sour cream and half-and-half in a small bowl, stirring until well blended. Stir into mushroom mixture, and cook, uncovered, over low heat, stirring often, 12 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:2.37, Inflammation Score:-4, Nutrition Score:9.6130434533824%

Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 110.52kcal (5.53%), Fat: 5.84g (8.98%), Saturated Fat: 3.39g (21.22%), Carbohydrates: 11.35g (3.78%), Net Carbohydrates: 9.99g (3.63%), Sugar: 3.56g (3.95%), Cholesterol: 15.25mg (5.08%), Sodium: 773.83mg (33.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.77%), Vitamin K: 39.4µg (37.52%), Selenium: 15.98µg (22.83%), Vitamin B3: 3.5mg (17.5%), Phosphorus: 149.87mg (14.99%), Vitamin B2: 0.24mg (13.88%), Potassium:

418.9mg (11.97%), Copper: 0.21mg (10.69%), Folate: 40.16µg (10.04%), Vitamin B5: 0.94mg (9.37%), Calcium: 91.15mg (9.11%), Vitamin B12: 0.51µg (8.54%), Vitamin B1: 0.11mg (7.26%), Vitamin A: 354.04IU (7.08%), Vitamin B6: 0.14mg (6.81%), Manganese: 0.12mg (6.16%), Zinc: 0.81mg (5.43%), Fiber: 1.36g (5.43%), Vitamin C: 3.99mg (4.84%), Iron: 0.84mg (4.69%), Magnesium: 13.59mg (3.4%), Vitamin E: 0.27mg (1.81%), Vitamin D: 0.26µg (1.75%)