



Pot Roast Mushroom Soup



Gluten Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups beef broth
- ☐ 3 tablespoons butter
- ☐ 2 cloves garlic chopped
- ☐ 0.3 cup flour gluten-free for (or rice flour)
- ☐ 8 ounces mushrooms sliced
- ☐ 1 small onion chopped
- ☐ 1 tablespoon parsley chopped
- ☐ 2 cups pot roast cut shredded cooked

- ☐ 0.3 cup red wine
- ☐ 1 tablespoon thyme leaves chopped

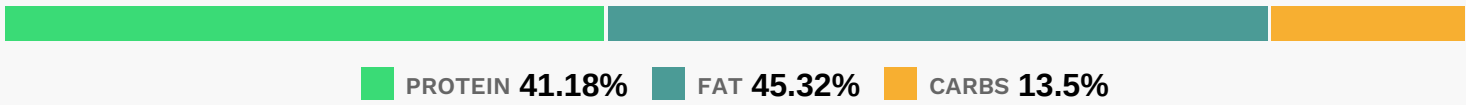
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt the butter in a large sauce pan over medium heat, add the onions and mushrooms and cook until the mushrooms have released their moisture and it has evaporated, about 15–20 minutes.
- ☐ Add the garlic and thyme and cook until fragrant, about 1 minute.
- ☐ Mix in the flour and cook for 2–3 minutes.
- ☐ Add the wine and deglaze the pan.
- ☐ Add the broth and beef, bring to a boil, reduce the heat and simmer for 15 minutes.
- ☐ Mix in the parsley and remove from heat.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:20.091304322948%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 318.09kcal (15.9%), Fat: 15.53g (23.89%), Saturated Fat: 7.93g (49.53%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 8.47g (3.08%), Sugar: 2.24g (2.49%), Cholesterol: 99.47mg (33.16%), Sodium: 1052.96mg (45.78%), Alcohol: 1.59g (100%), Alcohol %: 0.43% (100%), Protein: 31.75g (63.49%), Selenium: 36.37µg (51.96%), Vitamin B3: 10.21mg (51.04%), Zinc: 6.9mg (45.98%), Vitamin B12: 2.7µg (45.08%), Vitamin B6: 0.72mg (35.84%), Phosphorus: 333.51mg (33.35%), Vitamin B2: 0.5mg (29.46%), Potassium: 771.97mg (22.06%), Iron: 3.85mg (21.41%), Vitamin K: 18.71µg (17.82%), Vitamin B5: 1.73mg (17.28%), Copper: 0.31mg (15.61%), Magnesium: 44.55mg (11.14%), Vitamin B1: 0.16mg (10.39%), Folate: 35.96µg (8.99%), Vitamin A: 430.56IU (8.61%), Vitamin C: 7.09mg (8.59%), Manganese: 0.17mg (8.38%), Fiber: 1.94g (7.76%), Calcium: 57.77mg (5.78%), Vitamin E: 0.6mg (4.03%), Vitamin D: 0.23µg (1.54%)