



Rich Mushroom Soup

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

SOUP

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 16 ounce mushrooms
- ☐ 1 ounce the following: parmesan rind) dried
- ☐ 0.3 cup sherry dry
- ☐ 4 cups fat-skimmed beef broth fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 teaspoons thyme leaves fresh finely chopped

- ☐ 2 teaspoons garlic chopped
- ☐ 0.5 cup half and half
- ☐ 1 cup milk 1% low-fat
- ☐ 1.5 cups onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 6.5 cups mushroom caps thinly sliced (1 pound mushrooms)
- ☐ 1 cup water boiling

Equipment

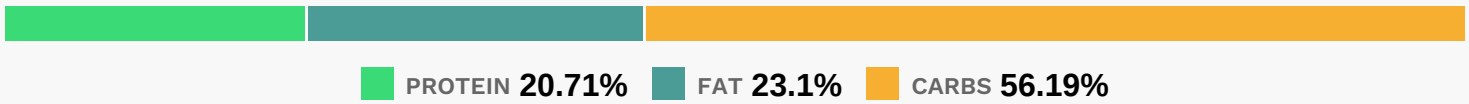
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Place flour in a small skillet over medium-high heat; cook 2 minutes or until flour turns light brown, stirring constantly.
- ☐ Transfer the flour to a small plate; cool.
- ☐ Combine boiling water and porcini mushrooms in a bowl; cover and let steep 20 minutes. Strain porcini mushrooms through a sieve over a bowl, reserving the soaking liquid. Chop the mushrooms.
- ☐ Melt butter in a Dutch oven over medium-high heat.
- ☐ Add onion; saut 5 minutes or until tender.
- ☐ Add garlic, thyme, salt, and pepper; saut 30 seconds.
- ☐ Add shiitake mushrooms; cook 3 minutes, stirring constantly.
- ☐ Add button mushrooms; cook 3 minutes, stirring constantly.
- ☐ Add chopped porcini mushrooms and broth to pan.

- ☐
- Combine reserved porcini soaking liquid with toasted flour, stirring with a whisk, and add to pan. Bring to a boil; reduce heat, and simmer, uncovered, for 15 minutes.
- ☐
- Add milk; simmer 10 minutes, stirring frequently.
- ☐
- Remove from heat; stir in half-and-half and sherry.
- ☐
- Place 2 cups soup in a blender; process until smooth. Return pureed soup to pan. Warm soup over low heat for 5 minutes or until thoroughly heated. Divide soup among each of 8 bowls, and sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:4.72, Inflammation Score:0, Nutrition Score:20.036087020584%

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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 158.15kcal (7.91%), Fat: 4.42g (6.79%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 24.17g (8.06%), Net Carbohydrates: 17.94g (6.52%), Sugar: 9.19g (10.21%), Cholesterol: 9.46mg (3.15%), Sodium: 588.75mg (25.6%), Alcohol: 0.77g (100%), Alcohol %: 0.21% (100%), Protein: 8.91g (17.82%), Vitamin B3: 10.52mg (52.59%), Vitamin B5: 4.72mg (47.22%), Vitamin B2: 0.79mg (46.36%), Vitamin B6: 0.72mg (36.21%), Copper: 0.67mg (33.63%), Phosphorus: 336.23mg (33.62%), Selenium: 21.89µg (31.27%), Manganese: 0.59mg (29.69%), Potassium: 952.13mg (27.2%), Fiber: 6.23g (24.91%), Zinc: 2.76mg (18.41%), Magnesium: 58.27mg (14.57%), Folate: 50.97µg (12.74%), Vitamin B1: 0.14mg (9.61%), Vitamin D: 1.31µg (8.74%), Iron: 1.54mg (8.56%), Vitamin B12: 0.46µg (7.67%), Calcium: 76.4mg (7.64%), Vitamin C: 4.71mg (5.7%), Vitamin A: 167.36IU (3.35%)