

Russian Mushroom and Potato Soup

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



166 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaves
- 5 tablespoons butter divided
- 2 large carrots sliced
- 6 cups chicken broth
- 2 teaspoons dill dried
- 0.3 cup flour all-purpose
- 1 pound mushrooms fresh sliced
- 0.1 teaspoon pepper black

- 1 cup half and half
- 2 leek chopped
- 2 pounds potatoes diced peeled
- 2 teaspoons salt

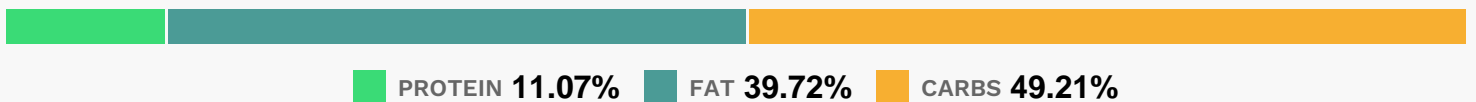
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Melt 3 tablespoons butter in a large saucepan over medium heat.
- Mix in leeks and carrots, and cook 5 minutes.
- Pour in broth. Season with dill, salt, pepper, and bay leaf.
- Mix in potatoes, cover, and cook 20 minutes, or until potatoes are tender but firm.
- Remove and discard the bay leaf.
- Melt the remaining butter in a skillet over medium heat, and saute the mushrooms 5 minutes, until lightly browned. Stir into the soup.
- In a small bowl, mix the half-and-half and flour until smooth. Stir into the soup to thicken.
- Garnish each bowl of soup with fresh dill to serve.

Nutrition Facts



Properties

Glycemic Index:29.3, Glycemic Load:12.35, Inflammation Score:-9, Nutrition Score:11.52086945202%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 165.77kcal (8.29%), Fat: 7.6g (11.69%), Saturated Fat: 4.48g (28.03%), Carbohydrates: 21.18g (7.06%), Net Carbohydrates: 18.44g (6.7%), Sugar: 3.83g (4.26%), Cholesterol: 21.95mg (7.32%), Sodium: 891.39mg (38.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.53%), Vitamin A: 2483.4IU (49.67%), Vitamin C: 18.44mg (22.36%), Vitamin B2: 0.31mg (18.32%), Vitamin B6: 0.33mg (16.4%), Potassium: 561.44mg (16.04%), Manganese: 0.3mg (15.24%), Vitamin B3: 2.78mg (13.9%), Copper: 0.25mg (12.48%), Phosphorus: 114.01mg (11.4%), Fiber: 2.74g (10.98%), Vitamin B1: 0.16mg (10.67%), Vitamin K: 10.7µg (10.19%), Vitamin B5: 0.93mg (9.3%), Folate: 35.86µg (8.96%), Selenium: 5.96µg (8.52%), Iron: 1.43mg (7.95%), Magnesium: 31.07mg (7.77%), Calcium: 54.36mg (5.44%), Zinc: 0.65mg (4.36%), Vitamin E: 0.46mg (3.08%), Vitamin B12: 0.09µg (1.45%)