



Savory Mushroom Soup

 **Gluten Free**

READY IN



20 min.

SERVINGS



3

CALORIES



208 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 tablespoons butter
- 10.8 ounce cream of mushroom soup canned
- 1 cup milk
- 0.5 cup peas green frozen
- 0.3 onion red minced
- 3 tablespoons cup heavy whipping cream sour

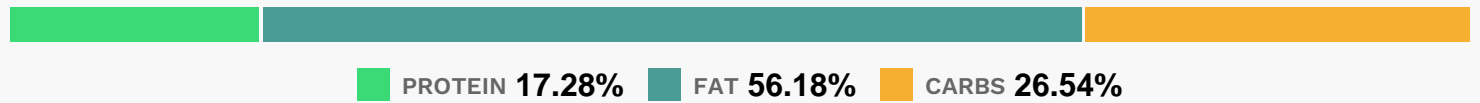
Equipment

- sauce pan

Directions

- In small saucepan saute onion in butter.
- Add soup, milk, and peas.
- Heat on medium-low until peas are soft.
- Add sour cream. Stir. When hot, serve.
- Add sour cream to thickness desired.

Nutrition Facts



Properties

Glycemic Index:53.11, Glycemic Load:2.57, Inflammation Score:-5, Nutrition Score:8.9365217115568%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 207.96kcal (10.4%), Fat: 13.15g (20.23%), Saturated Fat: 7.56g (47.27%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 12.24g (4.45%), Sugar: 6.08g (6.76%), Cholesterol: 36.97mg (12.32%), Sodium: 801.45mg (34.85%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.1g (18.21%), Manganese: 0.42mg (21.01%), Phosphorus: 151.16mg (15.12%), Vitamin B2: 0.23mg (13.54%), Vitamin C: 10.45mg (12.67%), Calcium: 126.05mg (12.61%), Copper: 0.25mg (12.61%), Zinc: 1.81mg (12.08%), Vitamin A: 566.51IU (11.33%), Vitamin B12: 0.64µg (10.65%), Potassium: 339.03mg (9.69%), Vitamin B1: 0.14mg (9.14%), Vitamin B3: 1.53mg (7.65%), Vitamin B6: 0.15mg (7.36%), Fiber: 1.74g (6.95%), Magnesium: 27.1mg (6.78%), Vitamin K: 6.94µg (6.61%), Folate: 25.49µg (6.37%), Iron: 1.1mg (6.09%), Vitamin D: 0.89µg (5.96%), Vitamin B5: 0.58mg (5.81%), Selenium: 2.54µg (3.63%), Vitamin E: 0.28mg (1.88%)