



Sherried Mushroom and Rice Soup

READY IN



45 min.

SERVINGS



2

CALORIES



173 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup celery finely chopped
- 0.5 cup rice long-grain cooked (without salt or fat)
- 2 tablespoons cooking sherry dry
- 2 teaspoons flour all-purpose
- 2 ounces mushroom caps fresh chopped
- 1.5 teaspoons butter reduced-calorie
- 0.3 cup onion chopped
- 0.1 teaspoon pepper
- 1 Dash salt

1.3 cups evaporated skimmed milk divided


Equipment

frying pan

Directions

- Coat a large nonstick skillet with cooking spray; add margarine.
- Place over medium-high heat until margarine melts.
- Add celery, onion, and mushrooms; saute 3 to 4 minutes or until tender.
- Combine flour and 2 tablespoons milk, stirring until smooth; add to vegetable mixture.
- Add remaining milk, sherry, pepper, and salt; cook, stirring constantly, until mixture is thickened. Stir in rice; reduce heat to low, and simmer 10 minutes.

Nutrition Facts

 **PROTEIN 18.71%**  **FAT 19.14%**  **CARBS 62.15%**

Properties

Glycemic Index:177.63, Glycemic Load:16.59, Inflammation Score:-6, Nutrition Score:10.784347871076%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 173.21kcal (8.66%), Fat: 3.5g (5.38%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 23.66g (8.61%), Sugar: 9.93g (11.04%), Cholesterol: 4.59mg (1.53%), Sodium: 152.38mg (6.63%), Alcohol: 1.54g (100%), Alcohol %: 0.65% (100%), Protein: 7.69g (15.39%), Phosphorus: 233.39mg (23.34%), Calcium: 229.73mg (22.97%), Manganese: 0.37mg (18.41%), Vitamin B2: 0.31mg (18.12%), Vitamin B12: 0.89µg (14.86%), Potassium: 499.43mg (14.27%), Vitamin B6: 0.27mg (13.49%), Vitamin B5: 1.26mg (12.64%), Vitamin A: 617.66IU

(12.35%), Selenium: 8.59µg (12.27%), Vitamin D: 1.8µg (11.99%), Vitamin K: 11.45µg (10.9%), Magnesium: 37.22mg (9.3%), Vitamin B1: 0.13mg (8.8%), Zinc: 1.29mg (8.61%), Vitamin B3: 1.72mg (8.59%), Fiber: 1.9g (7.59%), Folate: 29.24µg (7.31%), Copper: 0.1mg (4.84%), Vitamin C: 2.66mg (3.23%), Iron: 0.46mg (2.55%), Vitamin E: 0.24mg (1.61%)