



Sherried Mushroom Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



92 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 ounces porcini mushrooms dried
- ☐ 0.8 cup cooking sherry dry
- ☐ 87 ounce less-sodium chicken broth fat-free canned
- ☐ 3 tablespoons chives fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 pound shallots coarsely chopped
- ☐ 2 cups shiitake mushroom caps thinly sliced (4 ounces mushrooms)

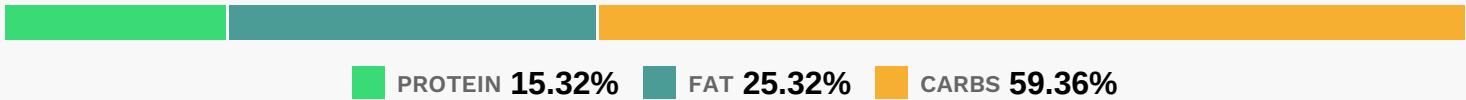
Equipment

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

Directions

- ☐ To prepare broth, melt butter in a Dutch oven over medium heat.
- ☐ Add thyme and shallots; cook 10 minutes or until shallots are golden brown. Stir in chicken broth and porcini mushrooms; bring to a boil. Reduce heat; simmer, uncovered, 1 hour. Strain broth mixture through a sieve into a bowl; discard solids.
- ☐ Return broth mixture to pan. Stir in shiitake mushrooms and sherry; cook 10 minutes over low heat. Stir in chives.
- ☐ Serve immediately.
- ☐ Note: Make the broth up to four days ahead and refrigerate. Just before serving, add the shiitakes, sherry, and chives, and heat the mixture.

Nutrition Facts



Properties

Glycemic Index:18.08, Glycemic Load:2.15, Inflammation Score:-7, Nutrition Score:8.6030435445516%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 92.07kcal (4.6%), Fat: 2.53g (3.89%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 10.53g (3.83%), Sugar: 4.44g (4.94%), Cholesterol: 5.02mg (1.67%), Sodium: 865mg (37.61%), Alcohol: 1.54g (100%), Alcohol %: 0.64% (100%), Protein: 3.44g (6.88%), Vitamin B5: 1.97mg (19.69%), Copper: 0.37mg (18.74%), Vitamin B3: 3.38mg (16.91%), Vitamin B6: 0.33mg (16.29%), Manganese: 0.31mg (15.28%), Selenium: 9.35µg (13.35%), Vitamin B2: 0.2mg (11.71%), Potassium: 391.88mg (11.2%), Fiber: 2.8g (11.18%), Phosphorus: 105.68mg (10.57%), Folate: 28.78µg (7.19%), Vitamin B12: 0.41µg (6.92%), Magnesium: 26.56mg (6.64%), Zinc: 0.98mg (6.51%), Iron: 1.13mg (6.29%), Vitamin C: 4.56mg (5.53%), Vitamin B1: 0.06mg (3.91%), Calcium: 28.44mg (2.84%), Vitamin A: 120.18IU (2.4%), Vitamin D: 0.33µg (2.23%), Vitamin K: 2.12µg (2.02%)