



Sherry and Brie Soup

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces brie cheese - rind removed room temperature
- 0.1 cup butter
- 0.3 cup carrots julienned
- 0.3 cup celery julienned
- 6 cups chicken stock see
- 0.3 cup cooking sherry dry
- 0.5 cup flour all-purpose
- 0.1 cup mushrooms fresh sliced

- 0.3 cup heavy cream
- 8 servings salt and pepper to taste

Equipment

- frying pan
- sauce pan
- sieve

Directions

- Melt butter or margarine in 3-quart saucepan over low heat.
- Add flour and mix well, cooking until it just starts to turn golden.
- Add stock and whip vigorously, bring to boil and reduce to simmer. Skim foam off top, and continue to simmer until reduced to 2/3 its original quantity and the sauce is the consistency of heavy cream.
- Strain through fine sieve. Return sauce to pan, and cook over low heat.
- Add brie cheese, cook slowly, stirring occasionally, until the cheese has melted.
- Add sherry and vegetables and simmer lightly until the vegetables are al dente.
- Heat heavy cream over low heat and add to soup. Season soup with salt and pepper.
- Garnish with fresh chives or scallion.

Nutrition Facts

 PROTEIN **20.17%**  FAT **61.18%**  CARBS **18.65%**

Properties

Glycemic Index:34.73, Glycemic Load:4.55, Inflammation Score:-7, Nutrition Score:9.1313043755034%

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: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 294.55kcal (14.73%), Fat: 19.6g (30.15%), Saturated Fat: 11.53g (72.04%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 13.05g (4.75%), Sugar: 3.61g (4.01%), Cholesterol: 63.95mg (21.32%), Sodium: 749.37mg (32.58%), Alcohol: 0.77g (100%), Alcohol %: 0.38% (100%), Protein: 14.54g (29.08%), Vitamin B2: 0.44mg (25.83%), Vitamin A: 1137.52IU (22.75%), Selenium: 13.2µg (18.85%), Vitamin B3: 3.58mg (17.92%), Phosphorus: 146.95mg (14.69%), Folate: 53.57µg (13.39%), Vitamin B12: 0.72µg (12%), Vitamin B6: 0.23mg (11.45%), Vitamin B1: 0.16mg (10.71%), Calcium: 94mg (9.4%), Zinc: 1.37mg (9.14%), Potassium: 301.05mg (8.6%), Copper: 0.13mg (6.27%), Iron: 1.01mg (5.61%), Magnesium: 19.73mg (4.93%), Manganese: 0.09mg (4.34%), Vitamin B5: 0.4mg (3.95%), Vitamin K: 3.33µg (3.17%), Vitamin E: 0.35mg (2.31%), Vitamin D: 0.33µg (2.23%), Fiber: 0.39g (1.55%)