



Shiitake Mushroom Soup

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 cups chicken broth reduced-sodium (from 32-ounce carton)
- ☐ 3.2 ounces mushroom caps fresh
- ☐ 0.5 cup bell pepper chopped
- ☐ 0.5 cup snow peas
- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon soya sauce
- ☐ 0.5 package soup noodles dried chinese (8-ounce size)

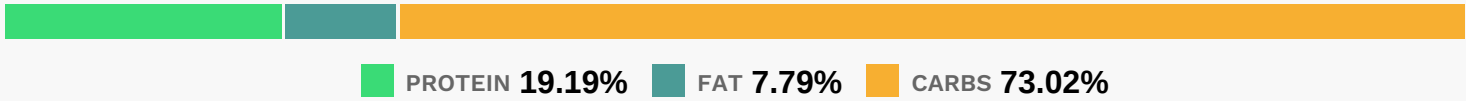
Equipment

☐ sauce pan

Directions

- ☐ Mix all ingredients except noodles in 2-quart saucepan.
- ☐ Heat to boiling over medium heat; boil 3 minutes.
- ☐ Add noodles.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 3 minutes; stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:17.44, Inflammation Score:-7, Nutrition Score:13.325652179511%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 260.41kcal (13.02%), Fat: 2.29g (3.52%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 48.17g (16.06%), Net Carbohydrates: 45.07g (16.39%), Sugar: 3.61g (4.01%), Cholesterol: 0mg (0%), Sodium: 152.4mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.32%), Selenium: 36.96µg (52.8%), Vitamin C: 31.21mg (37.82%), Manganese: 0.63mg (31.33%), Vitamin B3: 4.98mg (24.9%), Phosphorus: 206.97mg (20.7%), Copper: 0.32mg (15.75%), Vitamin A: 717.09IU (14.34%), Potassium: 439.19mg (12.55%), Fiber: 3.1g (12.4%), Vitamin B6: 0.24mg (12.21%), Magnesium: 42.24mg (10.56%), Vitamin B2: 0.17mg (10.17%), Iron: 1.64mg (9.09%), Zinc: 1.32mg (8.8%), Vitamin B5: 0.74mg (7.39%), Folate: 27.13µg (6.78%), Vitamin B1: 0.08mg (5.56%), Vitamin K: 4.03µg (3.84%), Vitamin B12: 0.21µg (3.44%), Calcium: 27.72mg (2.77%), Vitamin E: 0.4mg (2.69%)