



## Smoky Portobello Soup

READY IN



55 min.

SERVINGS



8

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 cups chicken stock see
- ☐ 8 servings croutons sour sliced for garnish
- ☐ 1.5 tablespoons garlic chopped
- ☐ 1 quart heavy cream
- ☐ 1 teaspoon liquid smoke
- ☐ 0.3 cup olive oil
- ☐ 8 medium portabello mushrooms
- ☐ 8 servings salt and pepper
- ☐ 0.5 cup onions sweet chopped

- ☐ 0.3 cup white wine
- ☐ 1.3 cups roux   white all-purpose 1 stick of butter and

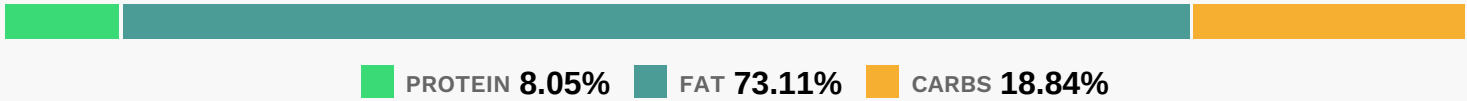
Equipment

- ☐ oven
- ☐ pot
- ☐ blender
- ☐ stove

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Combine 1/4 cup of olive oil and 3 drops of liquid smoke. Toss 4 of the Portobello mushrooms in oil mixture and roast them in the oven for approximately 45 minutes. Chop mushrooms into cubes. In a large pot, saute the onions in olive oil. Once onions are sauteed, add uncooked portobello mushrooms and garlic. After mushrooms and garlic are cooked add roasted mushrooms, white wine and chicken broth and allow to simmer for 20 minutes.
- ☐ Remove from heat and place mixture in blender.
- ☐ Add roux to pot. Blend in heavy cream.
- ☐ Place mixture back in pot on stove and add roux.
- ☐ Let simmer for 20 minutes.
- ☐ Garnish with croutons, sour cream and sliced chives.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:10.95, Inflammation Score:-8, Nutrition Score:17.62391296677%

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 Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.03mg,

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Nutrients (% of daily need)

Calories: 673.19kcal (33.66%), Fat: 55.16g (84.87%), Saturated Fat: 30.2g (188.77%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 30.25g (11%), Sugar: 10.4g (11.55%), Cholesterol: 147.95mg (49.32%), Sodium: 583.55mg (25.37%), Alcohol: 0.77g (100%), Alcohol %: 0.2% (100%), Protein: 13.67g (27.34%), Selenium: 31.79µg (45.41%), Vitamin B3: 8.84mg (44.19%), Vitamin B2: 0.66mg (38.65%), Vitamin A: 1821.12IU (36.42%), Phosphorus: 260.69mg (26.07%), Vitamin B1: 0.32mg (21.36%), Copper: 0.42mg (21.18%), Potassium: 729.39mg (20.84%), Folate: 79.13µg (19.78%), Vitamin B6: 0.36mg (18.05%), Vitamin E: 2.21mg (14.73%), Vitamin D: 2.14µg (14.3%), Vitamin B5: 1.41mg (14.07%), Manganese: 0.24mg (11.78%), Calcium: 108.42mg (10.84%), Iron: 1.91mg (10.6%), Zinc: 1.28mg (8.54%), Vitamin K: 8.65µg (8.24%), Fiber: 1.74g (6.96%), Magnesium: 25.41mg (6.35%), Vitamin B12: 0.26µg (4.27%), Vitamin C: 2.25mg (2.72%)