

Southern Mushroom Soup

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter softened
- 2 cups chicken broth
- 3 tablespoons flour all-purpose
- 2 cups mushrooms fresh chopped
- 0.5 cup heavy cream
- 1.5 cups milk
- 1 small onion chopped
- 1 pinch salt and pepper to taste

- 1 cup sharp cheddar cheese shredded
- 4 slices bread white toasted

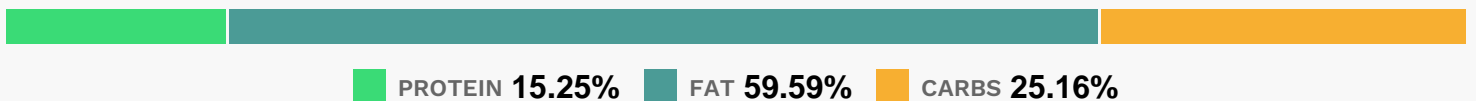
Equipment

- bowl
- frying pan
- sauce pan
- ladle

Directions

- In a large saucepan, combine the mushrooms, onion and chicken broth. Bring to a boil, then simmer covered for 15 minutes over low heat.
- Stir together the melted butter and flour to make a paste. Stir the paste into the pan with the vegetables. Increase the heat to medium, and gradually stir in the milk. Continue stirring constantly.
- When the mixture thickens and begins to boil, stir in the cream. Cook over low heat without boiling for about 10 minutes, or until the mushrooms are tender. Season with salt and pepper.
- Ladle the soup into bowls, and trim pieces of toast to fit the bowls. Butter the toast, and place on top of the soup.
- Sprinkle the cheese over the bread and serve.

Nutrition Facts



Properties

Glycemic Index:80.94, Glycemic Load:14.39, Inflammation Score:-7, Nutrition Score:15.334347890771%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 408.99kcal (20.45%), Fat: 27.49g (42.29%), Saturated Fat: 16.03g (100.17%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 24.61g (8.95%), Sugar: 8.91g (9.9%), Cholesterol: 82.72mg (27.57%), Sodium: 818.14mg (35.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.82g (31.65%), Calcium: 396.51mg (39.65%), Vitamin B2: 0.66mg (38.99%), Selenium: 23.39µg (33.41%), Phosphorus: 325.27mg (32.53%), Vitamin B1: 0.31mg (20.54%), Vitamin A: 959.03IU (19.18%), Vitamin B3: 3.66mg (18.32%), Vitamin B12: 0.89µg (14.83%), Manganese: 0.29mg (14.62%), Vitamin B5: 1.45mg (14.47%), Folate: 56.76µg (14.19%), Zinc: 2.11mg (14.05%), Potassium: 422.72mg (12.08%), Vitamin D: 1.75µg (11.65%), Copper: 0.23mg (11.49%), Vitamin B6: 0.18mg (9.11%), Magnesium: 35.99mg (9%), Iron: 1.54mg (8.53%), Fiber: 1.5g (6.02%), Vitamin E: 0.73mg (4.84%), Vitamin C: 2.48mg (3.01%), Vitamin K: 2.29µg (2.18%)