



White Bean & Chanterelle Soup with Sage



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



93 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 0.5 pound chanterelles sliced
- ☐ 6 tablespoon cooking wine dry white
- ☐ 8 sprigs parsley fresh
- ☐ 8 sprigs thyme leaves fresh
- ☐ 2 clove garlic peeled chopped
- ☐ 0.5 teaspoon ground pepper white

- ☐ 1 cup onion cut into ¼-inch dice
- ☐ 2 tablespoon sage leaves very thin (chiffonade)
- ☐ 2 teaspoon salt as needed plus more
- ☐ 4 tablespoon butter unsalted
- ☐ 6 cup vegetable stock

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ immersion blender
- ☐ cheesecloth

Directions

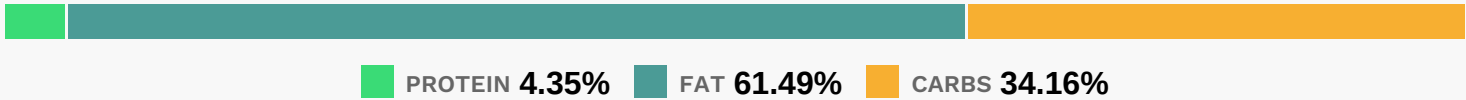
- ☐ Using cheesecloth, create a sachet with the thyme, parsley, bay leaves and peppercorns. In a large heavy-bottomed soup pot set over medium heat, warm the olive oil.
- ☐ Add the onion, half of the leeks, the fennel, celery, garlic, and the sachet. Sweat these ingredients, stirring frequently, until the vegetables are well softened, about 8 minutes.
- ☐ Add the beans and stock, bring to a boil over medium high heat, reduce to a simmer, and cook uncovered until the soup thickens some, about 35 minutes. Meanwhile, melt the butter in a medium sized saute pan set over medium heat.
- ☐ Add the sliced chanterelles, the remaining leek and the sage. Cook stirring often, 4 to 5 minutes. Season with a pinch of salt and white pepper. Raise the heat, add the wine, and cook, stirring often, until the liquid has nearly evaporated.
- ☐ Remove from heat and set aside.
- ☐ Remove the sachet from the soup. Ladle half the soup into a large bowl, and using an immersion blender puree until smooth. Return to pot. Season with 2 teaspoons salt and a pinch of white pepper.
- ☐ Add the reserved mushroom mixture. Bring the soup to a simmer over medium high heat and cook uncovered about 15 minutes. If using cream, add it during the last 5 minutes of cooking.

Ladle the soup into warmed bowls. Drizzling each with white truffle oil to taste (if using).

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Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:1.63, Inflammation Score:-8, Nutrition Score:9.5752173487259%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 92.81kcal (4.64%), Fat: 5.97g (9.18%), Saturated Fat: 3.66g (22.86%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 5.63g (2.05%), Sugar: 2.8g (3.12%), Cholesterol: 15.05mg (5.02%), Sodium: 1291.97mg (56.17%), Alcohol: 1.16g (100%), Alcohol %: 0.58% (100%), Protein: 0.95g (1.9%), Copper: 4.67mg (233.55%), Manganese: 0.34mg (17.25%), Vitamin K: 17.48µg (16.65%), Vitamin A: 685.61IU (13.71%), Vitamin D: 1.61µg (10.72%), Iron: 1.53mg (8.53%), Fiber: 1.82g (7.29%), Vitamin B3: 1.24mg (6.18%), Potassium: 207.35mg (5.92%), Vitamin C: 4.68mg (5.68%), Vitamin B2: 0.08mg (4.68%), Vitamin B5: 0.36mg (3.59%), Magnesium: 12.42mg (3.1%), Calcium: 30.28mg (3.03%), Phosphorus: 29.69mg (2.97%), Vitamin B6: 0.06mg (2.87%), Zinc: 0.33mg (2.19%), Folate: 6.79µg (1.7%), Vitamin B1: 0.02mg (1.46%), Selenium: 0.93µg (1.33%), Vitamin E: 0.18mg (1.18%)