



Wild Mushroom Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



131 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon butter
- 1 cup button mushrooms thinly sliced
- 2 tablespoons carrots finely chopped
- 2 tablespoons celery finely chopped
- 1 teaspoon cooking sherry dry
- 14 ounce less-sodium chicken broth fat-free canned
- 0.5 teaspoon parsley fresh chopped

- 0.3 teaspoon tarragon fresh chopped
- 0.5 teaspoon olive oil
- 0.1 teaspoon salt
- 2 tablespoons shallots finely chopped
- 2 cups shiitake mushroom caps thinly sliced

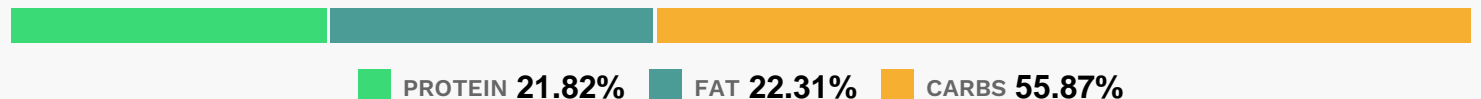
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Heat butter and oil in a large nonstick skillet over medium-high heat.
- Add celery, shallots, and carrot; saut 3 minutes or until lightly browned. Spoon vegetable mixture into a medium bowl.
- Coat pan with cooking spray.
- Add button mushrooms; saut 3 minutes or until lightly browned.
- Add button mushrooms to vegetable mixture. Coat pan with cooking spray.
- Add shiitake mushrooms; saut 3 minutes or until lightly browned.
- Add shiitake mushrooms to vegetable mixture.
- Combine vegetable mixture and broth in a medium saucepan; bring to a boil over medium heat. Cover, reduce heat, and simmer 30 minutes. Stir in sherry and remaining ingredients. Simmer, uncovered, 5 minutes.

Nutrition Facts



Properties

Glycemic Index:185.92, Glycemic Load:4.49, Inflammation Score:-9, Nutrition Score:22.250869398532%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 131.03kcal (6.55%), Fat: 3.71g (5.7%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 13.81g (5.02%), Sugar: 8.26g (9.18%), Cholesterol: 2.69mg (0.9%), Sodium: 1006.08mg (43.74%), Alcohol: 0.26g (100%), Alcohol %: 0.06% (100%), Protein: 8.16g (16.32%), Vitamin B3: 11.82mg (59.12%), Vitamin A: 2587.43IU (51.75%), Vitamin B5: 4.44mg (44.42%), Vitamin B2: 0.74mg (43.82%), Vitamin B6: 0.81mg (40.45%), Manganese: 0.68mg (33.91%), Phosphorus: 331.34mg (33.13%), Selenium: 21.92µg (31.31%), Potassium: 1014.54mg (28.99%), Fiber: 7.08g (28.32%), Copper: 0.53mg (26.74%), Zinc: 2.72mg (18.14%), Magnesium: 57.87mg (14.47%), Folate: 49.48µg (12.37%), Iron: 1.75mg (9.7%), Vitamin B1: 0.11mg (7.02%), Vitamin B12: 0.42µg (6.97%), Vitamin D: 1µg (6.67%), Vitamin K: 5.92µg (5.64%), Vitamin C: 3.1mg (3.76%), Calcium: 30.36mg (3.04%), Vitamin E: 0.31mg (2.03%)