



Wild Mushroom Soup with Chestnuts and Roasted Fennel

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



12

CALORIES



429 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound chanterelles coarsely chopped
- ☐ 1 pound honey cooked
- ☐ 3 quarts chicken stock see
- ☐ 6 small fennel bulbs halved lengthwise
- ☐ 12 servings chives fresh chopped for garnish
- ☐ 4 garlic cloves minced
- ☐ 0.5 cup heavy cream

- ☐ 12 servings olive oil extra-virgin
- ☐ 1 large onion chopped
- ☐ 1 pound oyster mushrooms coarsely chopped
- ☐ 12 servings sea salt and pepper black freshly ground
- ☐ 0.5 bunch thyme sprigs fresh
- ☐ 0.3 cup butter unsalted
- ☐ 1 pound button mushrooms white coarsely chopped

Equipment

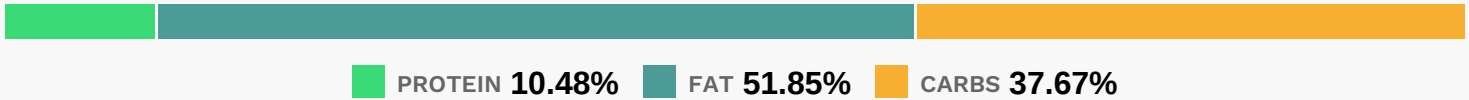
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Put the fennel halves, cut-side up, in a baking dish and drizzle with enough olive oil to come up half-way; season with a generous amount of salt and pepper. Roast for 30 minutes or until completely tender – the roasted fennel is the base of the soup, so it's important the flesh is soft enough to be cut with a spoon. Reserve until ready to serve.
- ☐ In a large pot, melt the butter over medium flame, add the onion and garlic, and saute for 4 minutes until translucent. Toss the thyme into the pan, along with the mushrooms, season with salt and pepper. Cook, stirring, for 10 to 15 minutes, until the mushrooms give off their liquid.
- ☐ Add the chestnuts and cook for a few more minutes until they have some nice color on them.
- ☐ Remove about 1 cup of the mixture to save as a garnish for the soup.

- ☐
- Pour the stock into the pot and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, for 15 minutes, stirring now and then.
- ☐
- Remove from the heat and puree the soup until completely smooth, using a handheld or regular blender. Stir in the cream to make the soup even richer, and simmer gently for 5 minutes. Taste for salt and pepper.
- ☐
- To serve: Ladle the soup into soup bowls; garnish each serving with a bit of the reserved mushrooms and chestnuts, a roasted fennel half, and a sprinkle of chopped chives.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:11.88, Inflammation Score:-7, Nutrition Score:24.639130317647%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 429.28kcal (21.46%), Fat: 25.48g (39.19%), Saturated Fat: 7.65g (47.8%), Carbohydrates: 41.65g (13.88%), Net Carbohydrates: 35.03g (12.74%), Sugar: 10.79g (11.99%), Cholesterol: 28.47mg (9.49%), Sodium: 416.23mg (18.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.17%), Vitamin K: 85.39µg (81.32%), Vitamin B3: 9.73mg (48.63%), Potassium: 1424.23mg (40.69%), Vitamin C: 32.65mg (39.57%), Vitamin B2: 0.64mg (37.45%), Copper: 0.72mg (36.12%), Manganese: 0.57mg (28.58%), Fiber: 6.62g (26.47%), Phosphorus: 249.11mg (24.91%), Vitamin B6: 0.46mg (23.16%), Folate: 90.97µg (22.74%), Iron: 3.9mg (21.65%), Vitamin E: 2.98mg (19.84%), Vitamin B5: 1.97mg (19.7%), Vitamin D: 2.57µg (17.15%), Selenium: 11.92µg (17.02%), Vitamin B1: 0.24mg (16.23%), Magnesium: 58.96mg (14.74%), Zinc: 1.58mg (10.51%), Vitamin A: 508.14IU (10.16%), Calcium: 94.09mg (9.41%)