



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Savory Mushroom Soup ^{♦♦}

A delicious and comforting soup made with savory mushrooms. This soup is perfect for a cozy dinner or a cold winter day. It can be enjoyed by both vegetarians and vegans.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Mushrooms
1000 ml	vegetable broth
100 g	onion
2 cloves	garlic
2 tbsp	olive oil
1 tsp	Salt

0.5 tsp	Black pepper
0.5 tsp	Thyme
1 piece	Bay leaf
200 ml	coconut milk

Directions

Step 1

Sautéing

Heat olive oil in a large pot over medium heat. Add onions and garlic, and cook until onions are translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Sautéing

Add mushrooms, salt, black pepper, thyme, and bay leaf to the pot. Cook for 10 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Boiling

Pour vegetable broth into the pot and bring to a boil. Reduce heat to low and simmer for 15 minutes.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Blending

Remove the bay leaf from the pot. Use an immersion blender to puree the soup until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Heating

Stir in coconut milk and heat the soup for an additional 5 minutes. Season with additional salt and pepper if desired.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 100 kcal

Fat: 8 g

Protein: 4 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Winter Fall

Cuisines

Italian

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Mixer

Difficulty Level

Medium

Visit our website: healthdor.com