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Supergreen Mushroom & Orzo Soup

This Supergreen Mushroom & Orzo Soup is a hearty and nutritious vegetarian soup packed with fresh mushrooms, orzo pasta, and a variety of supergreens. It's a perfect comfort food for a chilly day and can be enjoyed as a main dish or a side dish. The soup is made with a flavorful broth and is loaded with vitamins, minerals, and antioxidants from the supergreens and mushrooms. It's a delicious and healthy option for vegetarians and anyone looking for a nutritious and filling meal.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

2 tbsp olive oil

1
medium onion

3 cloves	garlic cloves
4 c	Mushrooms
6 c	vegetable broth
1 c	orzo pasta
2 c	spinach
2 c	kale
2 c	chard
2 tbsp	Parsley
2 tbsp	lemon juice
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Stove

Heat olive oil in a large pot over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add onion and garlic to the pot and sauté until translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add mushrooms and cook until they release their moisture.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Stove

Pour in vegetable broth and bring to a boil.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stove

Add orzo pasta and cook until al dente.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Stove

Stir in spinach, kale, and chard until wilted.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Remove from heat and stir in parsley, lemon juice, salt, and black pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 12 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
Sugars	5 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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	1 mg	76.92%	76.92%
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	800 mg	34.78%	34.78%
Calcium	200 mg	20%	20%
Iron	4 mg	50%	22.22%
Potassium	600 mg	17.65%	23.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Cuisines

Italian Chinese Indian Mexican French Thai Japanese
Mediterranean Greek Spanish German Korean Vietnamese American
Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber

Meal Type

Lunch Supper

Difficulty Level

Medium

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