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Cream of Mushroom Non-Vegetarian

Cream of Mushroom Non-Vegetarian is a delicious and hearty soup made with fresh mushrooms, cream, and chicken broth. It is a classic comfort food that is perfect for cold winter nights. The soup is creamy, rich, and full of flavor. It can be served as a starter or as a main course with crusty bread. This recipe is easy to make and will impress your family and friends.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Mushrooms
30 g	butter
100 g	onion

2 cloves	garlic
30 g	flour
500 ml	chicken broth
250 ml	heavy cream
1 tsp	Salt
0.5 tsp	Black pepper
1 tsp	fresh thyme

Directions

Step 1

Cut

Clean and slice the mushrooms.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Sautéing

Melt the butter in a large pot over medium heat. Add the onions and garlic and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

Add the mushrooms to the pot and cook until they release their liquid and start to brown.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Stirring

Sprinkle the flour over the mushrooms and stir well to combine.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Stirring

Gradually add the chicken broth, stirring constantly, until the mixture thickens.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Simmering

Reduce the heat to low and stir in the heavy cream. Simmer for 10 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Cooking

Season with salt, black pepper, and fresh thyme. Cook for an additional 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 8

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 15 g

Protein: 5 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	3 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	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	50 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	8 mcg	333.33%	333.33%
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	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	4 mg	36.36%	50%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Events

Christmas Thanksgiving New Year Graduation Back to School Barbecue
Picnic

Cuisines

Italian French Thai Vietnamese Middle Eastern

Nutritional Content

Low Calorie Low Fat Low Sodium Sugar-Free

Kitchen Tools

Blender

Course

Appetizers Side Dishes Soups

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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