

Creamy Sunchoke Soup

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/sunchoke-indian-recipe>

Ingredients:

- 1 pound sunchoke
- 1 leek white part and an inch of the green portion, rinsed well
- 1/2 cup maitake mushroom
- 2 tablespoons butter
- 1/4 teaspoon white pepper
- 1 pinch sea salt
- 4 cups reduced sodium chicken broth
- 1/2 cup cream

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 40 milligrams
4. Fat: 13 grams
5. Fiber: 6 grams
6. Protein: 8 grams
7. SaturatedFat: 8 grams
8. Sodium: 800 milligrams
9. Sugar: 2 grams

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