

cream of mushroom soup nutrition information

cream of mushroom soup nutrition information provides valuable insights into the nutritional profile of this popular and versatile food product. Cream of mushroom soup is widely used as a base for various recipes, a comforting standalone dish, or a flavorful ingredient in casseroles and sauces. Understanding the nutritional content, including calories, macronutrients, vitamins, and minerals, can help consumers make informed dietary choices. This article explores the detailed nutrition facts of cream of mushroom soup, comparing homemade versus store-bought options, and discusses its health implications. Additionally, it highlights potential allergens and offers tips for choosing healthier varieties. The analysis aims to serve individuals seeking to balance flavor with nutritional value in their diets.

- Nutritional Composition of Cream of Mushroom Soup
- Calories and Macronutrients
- Vitamins and Minerals
- Homemade vs. Store-Bought Cream of Mushroom Soup
- Health Considerations and Dietary Implications
- Allergens and Ingredients to Watch
- Tips for Healthier Cream of Mushroom Soup Choices

Nutritional Composition of Cream of Mushroom Soup

The nutritional composition of cream of mushroom soup varies depending on the recipe and brand, but it generally consists of mushrooms, cream or milk, broth, flour, and seasonings. Mushrooms contribute fiber, vitamins, and minerals, while the dairy component adds fat and protein. The flour or thickening agent provides carbohydrates. Understanding these components helps in evaluating the overall nutrition of the soup.

Key Ingredients and Their Contributions

Mushrooms are a low-calorie, nutrient-rich ingredient that provides antioxidants, B vitamins, and minerals like selenium and potassium. Cream or milk adds calories primarily from fat and protein, contributing to the soup's creamy texture. Broth offers flavor with minimal calories, while flour thickens the soup and adds carbohydrates. Seasonings typically add negligible nutritional value but enhance taste.

Calories and Macronutrients

Caloric content and macronutrient distribution are critical aspects of cream of mushroom soup nutrition information. The calories per serving can vary significantly based on preparation methods and portion size.

Average Caloric Content

On average, one cup (approximately 245 grams) of canned cream of mushroom soup contains about 90 to 120 calories. Homemade versions may have slightly different calorie counts depending on the ingredients used, particularly the amount and type of cream or milk.

Macronutrient Breakdown

The macronutrient profile typically includes:

- **Carbohydrates:** Approximately 10 to 15 grams, primarily from flour and vegetables.
- **Protein:** Around 2 to 4 grams, mainly from milk and mushrooms.
- **Fat:** Ranges from 4 to 7 grams, depending on the cream or milk fat content.

The fat content may vary if heavy cream or whole milk is used as opposed to lower-fat dairy alternatives.

Vitamins and Minerals

Cream of mushroom soup provides various micronutrients, largely derived from mushrooms and dairy ingredients.

Vitamin Content

Mushrooms contribute B vitamins such as riboflavin (B2), niacin (B3), and pantothenic acid (B5), which are essential for energy metabolism. Additionally, small amounts of vitamin D may be present if mushrooms have been exposed to sunlight or UV light. Dairy components add vitamin A and small amounts of vitamin D, depending on fortification.

Mineral Content

Important minerals found in cream of mushroom soup include:

- **Potassium:** Supports muscle function and fluid balance.
- **Selenium:** Acts as an antioxidant to protect cells.
- **Calcium:** Derived from dairy, vital for bone health.

- **Sodium:** Content can be high, especially in canned soups, due to added salt and broth.

The sodium level is an important consideration for those monitoring blood pressure or on sodium-restricted diets.

Homemade vs. Store-Bought Cream of Mushroom Soup

There are notable differences between homemade and store-bought cream of mushroom soup in terms of nutrition and ingredients.

Store-Bought Soup Characteristics

Commercially prepared canned soups often contain preservatives, higher sodium levels, and added stabilizers or thickeners. They offer convenience but may contribute to increased intake of sodium and saturated fat. Some brands provide reduced-sodium or low-fat options, which can be healthier alternatives.

Homemade Soup Benefits

Homemade cream of mushroom soup allows for control over ingredients, enabling the use of fresh mushrooms, lower-fat dairy or milk substitutes, and reduced salt. This customization can result in a soup with better nutritional quality and fewer additives.

Health Considerations and Dietary Implications

Analyzing cream of mushroom soup nutrition information is essential for evaluating its fit within various dietary patterns and health goals.

Calorie Control and Weight Management

Due to its moderate calorie content, cream of mushroom soup can be part of a balanced diet when consumed in reasonable portions. However, high-fat versions or excessive serving sizes may contribute to calorie surplus, impacting weight management efforts.

Sodium Intake and Cardiovascular Health

The sodium content in canned cream of mushroom soup may be considerable, often exceeding 500 milligrams per serving. Excessive sodium intake is linked to hypertension and cardiovascular risk, making it important to monitor and select low-sodium variants when necessary.

Suitability for Specific Diets

Cream of mushroom soup can be adapted for vegetarian diets if prepared without meat-based broth. Gluten-free versions can be made by replacing wheat flour with alternative thickeners. For lactose intolerance, dairy substitutes can be used to reduce lactose content.

Allergens and Ingredients to Watch

Awareness of common allergens and ingredients in cream of mushroom soup is crucial for those with food sensitivities.

Common Allergens

Typical allergens present in cream of mushroom soup include:

- **Dairy:** Milk or cream is a primary ingredient, posing issues for lactose intolerance or milk allergy.
- **Wheat:** Flour used as a thickening agent contains gluten, which affects individuals with celiac disease or gluten sensitivity.
- **Mushrooms:** Though rare, some individuals may have mushroom allergies.

Additional Additives

Commercial soups may contain preservatives, monosodium glutamate (MSG), and artificial flavors, which some consumers prefer to avoid. Reading ingredient labels is advised for those with sensitivities or dietary restrictions.

Tips for Healthier Cream of Mushroom Soup Choices

Making informed choices regarding cream of mushroom soup can enhance nutritional benefits while minimizing potential drawbacks.

Selecting Healthier Store-Bought Options

Look for products labeled low sodium, reduced fat, or organic. Check nutrition labels to compare calorie, fat, and sodium content. Choosing varieties with minimal additives and recognizable ingredients is preferable.

Enhancing Homemade Recipes

Use low-fat milk or plant-based alternatives to reduce saturated fat. Substitute flour with cornstarch or gluten-free thickeners if needed. Incorporate fresh mushrooms and herbs to boost flavor and nutrient density.

without extra calories or sodium.

Serving Suggestions

Pair cream of mushroom soup with whole-grain bread or vegetables to increase fiber and nutrient intake. Controlling portion sizes helps maintain calorie balance.

Frequently Asked Questions

What are the typical calories in a serving of cream of mushroom soup?

A typical 1-cup serving of cream of mushroom soup contains around 100 to 150 calories, depending on the brand and recipe.

Is cream of mushroom soup high in fat?

Cream of mushroom soup usually contains moderate fat levels, often around 5 to 10 grams per serving, primarily from cream or milk used in the recipe.

How much protein does cream of mushroom soup provide?

A serving of cream of mushroom soup generally provides about 2 to 4 grams of protein, mainly from milk or cream and mushrooms.

Does cream of mushroom soup contain a lot of sodium?

Yes, cream of mushroom soup can be high in sodium, often containing 600 to 900 milligrams per serving, so it's important to check the nutrition label if you are monitoring salt intake.

Are there low-fat or reduced-sodium versions of cream of mushroom soup available?

Yes, many brands offer low-fat or reduced-sodium versions of cream of mushroom soup that contain less fat and salt while maintaining flavor.

What vitamins and minerals are found in cream of mushroom soup?

Cream of mushroom soup provides small amounts of vitamins and minerals such as vitamin D, potassium, and iron, primarily from the mushrooms and dairy ingredients.

Is cream of mushroom soup suitable for a low-carb diet?

Cream of mushroom soup can be relatively low in carbohydrates, typically containing around 8 to 12 grams per serving, but this varies by recipe and

added thickeners.

Additional Resources

1. The Nutritional Breakdown of Cream of Mushroom Soup

This book offers a detailed analysis of the nutritional components found in cream of mushroom soup. It covers macronutrients like fats, proteins, and carbohydrates, as well as vitamins and minerals. Readers will gain insight into how this popular soup fits into a balanced diet and its health benefits.

2. Cream of Mushroom Soup: Health Benefits and Dietary Insights

Explore the health advantages of cream of mushroom soup, including its potential antioxidant properties and role in immune support. This book also discusses common additives and how to choose healthier commercial options or make nutritious homemade versions.

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A comprehensive guide to understanding the calorie count and ingredient list of various cream of mushroom soup recipes. The book helps readers identify high-calorie ingredients and suggests modifications for a lighter, healthier soup.

4. The Science of Cream of Mushroom Soup Nutrition

Delve into the science behind the nutritional value of cream of mushroom soup, including how cooking methods affect nutrient retention. This book is ideal for nutrition students and food enthusiasts interested in the biochemical aspects of soup ingredients.

5. Homemade Cream of Mushroom Soup: Nutritious Recipes and Tips

This cookbook focuses on creating healthy and delicious homemade cream of mushroom soup recipes. Alongside each recipe, nutritional information is provided to help readers make informed dietary choices.

6. Cream of Mushroom Soup and Weight Management

Examine the role of cream of mushroom soup in weight management plans. The book discusses portion control, ingredient substitutions, and how this soup can be incorporated into calorie-conscious diets without sacrificing flavor.

7. Vegan and Low-Sodium Cream of Mushroom Soups

Catering to specific dietary needs, this book provides recipes and nutrition information for vegan and low-sodium cream of mushroom soups. It highlights alternative ingredients that maintain taste while reducing sodium and animal product content.

8. Cream of Mushroom Soup: A Nutritional Guide for Diabetics

Tailored for individuals managing diabetes, this book explains how cream of mushroom soup affects blood sugar levels. It offers advice on ingredient selection and meal planning to keep blood glucose stable while enjoying this comforting dish.

9. The Role of Cream of Mushroom Soup in Traditional and Modern Diets

This book explores the historical and cultural significance of cream of mushroom soup in various diets around the world. It also evaluates its evolving nutritional profile as modern recipes adapt to contemporary health trends.

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