



Almost Raw Asparagus Soup with Yogurt and Almonds

READY IN



25 min.

SERVINGS



4

CALORIES



138 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons almonds sliced roughly chopped for garnish
- ☐ 1 pound asparagus
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.3 cup greek yogurt for garnish
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 1 tablespoon lemon zest
- ☐ 1.5 cups low-salt chicken broth
- ☐ 2 tablespoons olive oil extra-virgin

☐ 4 servings salt and pepper black freshly ground

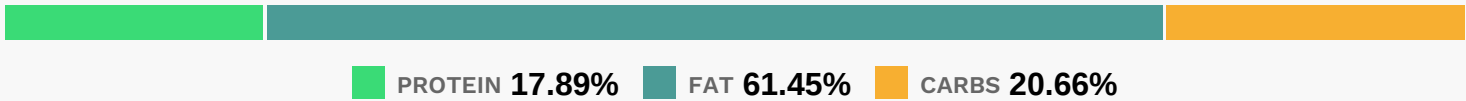
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Toss the asparagus and oil and sprinkle with salt and pepper on a baking sheet. Roast the asparagus until lightly roasted but still crunchy, about 5 minutes. Cool the asparagus slightly.
- ☐ Combine 1 cup water, the asparagus, broth and lemon juice in a blender and puree until very smooth, about 2 minutes.
- ☐ Transfer the soup to a medium heavy saucepan and heat the soup. Stir in the mint and lemon zest and sprinkle with salt and pepper.
- ☐ Divide the soup among bowls and garnish with the Greek yogurt and almonds.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:12.453913108162%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 6.6mg, Isorhamnetin: 6.6mg, Isorhamnetin: 6.6mg, Isorhamnetin: 6.6mg

6.6mg, Isorhamnetin: 6.6mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg
Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 137.95kcal (6.9%), Fat: 10.24g (15.75%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 7.75g (2.58%), Net
Carbohydrates: 4.44g (1.62%), Sugar: 3.03g (3.37%), Cholesterol: 0.63mg (0.21%), Sodium: 34.04mg (1.48%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.41%), Vitamin K: 51.55µg (49.1%), Vitamin E: 3.58mg
(23.87%), Vitamin A: 912.46IU (18.25%), Vitamin B2: 0.28mg (16.7%), Iron: 2.93mg (16.3%), Manganese: 0.32mg
(16.12%), Folate: 64.43µg (16.11%), Copper: 0.32mg (16.03%), Fiber: 3.3g (13.21%), Phosphorus: 128.12mg (12.81%),
Vitamin B3: 2.56mg (12.8%), Vitamin C: 10.13mg (12.28%), Vitamin B1: 0.18mg (11.87%), Potassium: 374.22mg
(10.69%), Magnesium: 33.26mg (8.31%), Vitamin B6: 0.13mg (6.66%), Calcium: 63.87mg (6.39%), Zinc: 0.94mg
(6.29%), Selenium: 4.07µg (5.81%), Vitamin B5: 0.39mg (3.91%), Vitamin B12: 0.18µg (2.93%)