



Asparagus and Yukon Gold Potato Soup with Crab and Chive Sour Cream

READY IN



50 min.

SERVINGS



6

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus fresh trimmed coarsely chopped
- ☐ 1 tablespoon butter
- ☐ 6 cups chicken stock see
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon juice of lemon

- ☐ 4 ounces lump crab meat
- ☐ 1 tablespoon olive oil
- ☐ 0.5 onion chopped
- ☐ 1 pinch salt and pepper white to taste
- ☐ 6 servings salt and pepper white to taste
- ☐ 0.3 cup cup heavy whipping cream light sour
- ☐ 2 yukon gold potatoes cubed

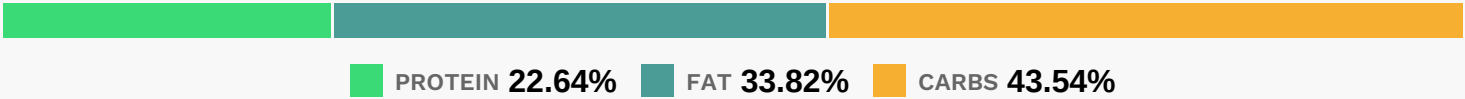
Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ blender

Directions

- ☐ In a small bowl, stir together the sour cream, chives and lemon juice. Season with salt and white pepper. Cover and refrigerate until needed to blend the flavors.
- ☐ Heat the olive oil and butter in a soup pot over medium heat.
- ☐ Add the asparagus and onion; cook and stir until onion is soft, about 5 minutes.
- ☐ Add the garlic and thyme, and cook just until fragrant, about 1 minute. Stir in the flour until smooth, then gradually whisk in the chicken stock to avoid causing lumps.
- ☐ Add the potatoes and bring to a simmer. Simmer over medium heat until potatoes are tender, about 20 minutes.
- ☐ Puree the soup in a food processor or blender, or use a stick blender in the pot. Return to the pot and bring to a gentle simmer. Season with salt and white pepper.
- ☐ To serve, ladle soup into warmed bowls and garnish with a dollop of the chive sour cream and a few chunks of crabmeat.
- ☐ Garnish with additional chives if you have extra.

Nutrition Facts



Properties

Glycemic Index:57.13, Glycemic Load:9.3, Inflammation Score:-7, Nutrition Score:16.876521729257%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.8mg, Isorhamnetin: 4.8mg, Isorhamnetin: 4.8mg, Isorhamnetin: 4.8mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.87mg, Quercetin: 12.87mg, Quercetin: 12.87mg, Quercetin: 12.87mg

Nutrients (% of daily need)

Calories: 230.2kcal (11.51%), Fat: 8.77g (13.49%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 25.39g (8.46%), Net Carbohydrates: 22.27g (8.1%), Sugar: 6.16g (6.84%), Cholesterol: 24.63mg (8.21%), Sodium: 732.61mg (31.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.41%), Vitamin K: 37.18µg (35.41%), Vitamin B12: 1.76µg (29.31%), Vitamin B3: 5.52mg (27.59%), Copper: 0.52mg (26.04%), Vitamin C: 19.45mg (23.57%), Selenium: 15.46µg (22.09%), Vitamin B2: 0.37mg (21.74%), Vitamin B6: 0.43mg (21.7%), Potassium: 732.34mg (20.92%), Folate: 77.75µg (19.44%), Phosphorus: 194.21mg (19.42%), Vitamin B1: 0.28mg (18.47%), Iron: 2.96mg (16.42%), Zinc: 2.15mg (14.32%), Vitamin A: 709.93IU (14.2%), Manganese: 0.26mg (12.96%), Fiber: 3.12g (12.48%), Magnesium: 45.94mg (11.49%), Vitamin E: 1.38mg (9.17%), Calcium: 65.13mg (6.51%), Vitamin B5: 0.47mg (4.74%)