



Asparagus Bisque with Curry and Crème Fraîche



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



137 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 pounds asparagus trimmed cut into 1-inch pieces (6 cups)
- ☐ 8 ounce crème fraîche sour
- ☐ 1.5 teaspoons curry powder
- ☐ 6 tablespoons optional: dill fresh chopped
- ☐ 2 large leeks white green halved thinly sliced (and pale parts only)
- ☐ 1 tablespoon pink peppercorns whole
- ☐ 4.5 cups water

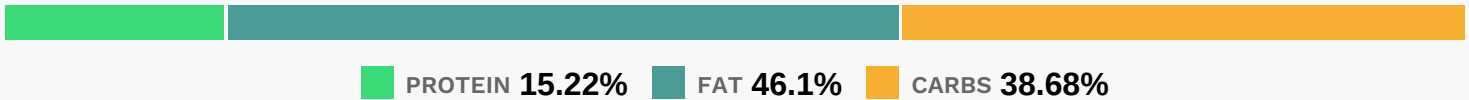
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Bring 4 1/2 cups water, sliced leeks, and 3/4 teaspoon curry powder to boil in medium pot over medium-high heat. Boil 5 minutes.
- ☐ Add asparagus. Reduce heat to medium; cover and simmer until asparagus is tender, about 15 minutes. Cool slightly. Set aside 2 tablespoons crème fraîche; stir remaining crème fraîche, 4 tablespoons chopped dill, and 3/4 teaspoon curry powder into soup. Puree in batches in blender until smooth. Strain soup into large bowl. Season soup to taste with salt and pepper. Refrigerate until cold, about 4 hours, or up to 1 day.
- ☐ Divide chilled asparagus bisque among 6 bowls. Top each with 1 teaspoon crème fraîche.
- ☐ Sprinkle with remaining chopped fresh dill and whole pink peppercorns, if desired.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:2.47, Inflammation Score:-9, Nutrition Score:19.502173874689%

Flavonoids

Isorhamnetin: 10.95mg, Isorhamnetin: 10.95mg, Isorhamnetin: 10.95mg, Isorhamnetin: 10.95mg Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 26.67mg, Quercetin: 26.67mg, Quercetin: 26.67mg, Quercetin: 26.67mg

Nutrients (% of daily need)

Calories: 136.72kcal (6.84%), Fat: 7.78g (11.96%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 9.58g (3.48%), Sugar: 6.02g (6.69%), Cholesterol: 22.3mg (7.43%), Sodium: 31.14mg (1.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.55%), Vitamin K: 96.36µg (91.77%), Vitamin A: 2203.77IU (44.08%), Manganese: 0.68mg (34.23%), Folate: 121.19µg (30.3%), Iron: 5.03mg (27.95%), Copper: 0.45mg (22.74%), Fiber: 5.1g (20.4%), Vitamin B2: 0.34mg (20.26%), Vitamin B1: 0.3mg (19.93%), Vitamin C:

14.88mg (18.04%), Vitamin E: 2.68mg (17.86%), Potassium: 515.24mg (14.72%), Phosphorus: 142.03mg (14.2%),
Vitamin B6: 0.27mg (13.4%), Calcium: 116.97mg (11.7%), Magnesium: 44.66mg (11.17%), Vitamin B3: 2.04mg (10.22%),
Selenium: 6.21µg (8.87%), Zinc: 1.24mg (8.28%), Vitamin B5: 0.71mg (7.11%), Vitamin B12: 0.08µg (1.32%)