



Asparagus Cheese Soup

READY IN



20 min.

SERVINGS



8

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 0.3 cup flour all-purpose
- 2 teaspoons salt
- 0.1 teaspoon pepper
- 6 cups milk whole
- 4 cups asparagus fresh frozen thawed cooked drained cut (1-inch pieces)
- 3 cups cheddar cheese shredded
- 4 teaspoons thyme sprigs dried fresh minced
- 0.1 teaspoon nutmeg

1 serving croutons shredded

Equipment

sauce pan

Directions

In a large saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk; bring to a boil. Cook and stir for 2 minutes.

Add asparagus and heat through.

Add the cheese, thyme and nutmeg. Cook until cheese is melted, stirring frequently (do not boil).

Garnish with croutons and additional cheese if desired.

Nutrition Facts

PROTEIN 19.38% **FAT 63.79%** **CARBS 16.83%**

Properties

Glycemic Index:55.13, Glycemic Load:6.19, Inflammation Score:-9, Nutrition Score:17.398695489635%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Quercetin: 9.37mg, Quercetin: 9.37mg, Quercetin: 9.37mg, Quercetin: 9.37mg

Nutrients (% of daily need)

Calories: 362.93kcal (18.15%), Fat: 26.17g (40.27%), Saturated Fat: 15.23g (95.21%), Carbohydrates: 15.54g (5.18%), Net Carbohydrates: 13.86g (5.04%), Sugar: 10.23g (11.36%), Cholesterol: 79.59mg (26.53%), Sodium: 976.05mg (42.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.89g (35.78%), Calcium: 547.75mg (54.78%), Phosphorus: 420.99mg (42.1%), Vitamin B2: 0.56mg (32.98%), Vitamin A: 1452.56IU (29.05%), Vitamin K: 30µg (28.57%), Selenium: 18.46µg (26.37%), Vitamin B12: 1.45µg (24.16%), Zinc: 2.72mg (18.15%), Vitamin B1: 0.24mg (16.2%), Vitamin D: 2.27µg (15.12%), Potassium: 455.24mg (13.01%), Folate: 51.74µg (12.94%), Magnesium: 45.55mg (11.39%), Vitamin B5: 1.07mg (10.71%), Iron: 1.87mg (10.4%), Vitamin B6: 0.21mg (10.37%), Vitamin E: 1.33mg (8.89%), Manganese: 0.17mg (8.41%), Copper: 0.16mg (7.75%), Fiber: 1.67g (6.69%), Vitamin C: 5.35mg (6.49%), Vitamin B3: 1.13mg (5.64%)