



## Asparagus, Lemon, and Dill Soup

READY IN



45 min.

SERVINGS



20

CALORIES



50 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pound asparagus fresh
- 3 tablespoons butter
- 2 rib celery finely chopped
- 3 egg yolks
- 1 Tbsp optional: dill fresh finely chopped
- 1 medium leek
- 0.3 cup juice of lemon
- 1 small onion chopped
- 0.5 cup orzo pasta uncooked

- 0.8 teaspoon salt
- 5 cups vegetable broth

## Equipment

- whisk
- dutch oven
- peeler

## Directions

- Snap off and discard tough ends of asparagus; remove scales with a vegetable peeler, if desired.
- Cut asparagus into 1-inch pieces.
- Remove root, tough outer leaves, and tops from leek, leaving 2 inches of dark leaves. Finely chop leek; rinse well, and drain.
- Melt butter in a large Dutch oven over medium heat; add leek, celery, and onion; saut 4 to 5 minutes or until tender. Stir in broth, and bring to a boil over medium-high heat. Cover, reduce heat to low, and simmer 10 minutes. Stir in asparagus and orzo. Cover and simmer 10 minutes or until vegetables and orzo are tender.
- Whisk egg yolks until thickened and pale. Gradually stir about 2 cups hot soup mixture into yolks; add yolk mixture to remaining hot soup mixture, stirring constantly 2 to 3 minutes or until thickened. Stir in lemon juice, dill, and salt, and serve immediately, or if desired, cover and chill.

## Nutrition Facts

 PROTEIN 12%  FAT 43.93%  CARBS 44.07%

## Properties

Glycemic Index:13.75, Glycemic Load:1.84, Inflammation Score:-4, Nutrition Score:3.395217374615%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg

Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

## **Nutrients (% of daily need)**

Calories: 49.94kcal (2.5%), Fat: 2.53g (3.89%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 4.96g (1.8%), Sugar: 1.44g (1.6%), Cholesterol: 33.67mg (11.23%), Sodium: 338.84mg (14.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin K: 11.74µg (11.18%), Vitamin A: 464.44IU (9.29%), Selenium: 4.49µg (6.41%), Folate: 20.66µg (5.17%), Manganese: 0.1mg (4.93%), Iron: 0.71mg (3.97%), Vitamin C: 3.26mg (3.96%), Phosphorus: 32.77mg (3.28%), Copper: 0.06mg (3.16%), Vitamin B2: 0.05mg (3.06%), Vitamin B1: 0.05mg (3.05%), Fiber: 0.75g (2.99%), Vitamin E: 0.43mg (2.84%), Vitamin B6: 0.05mg (2.58%), Potassium: 74.31mg (2.12%), Magnesium: 7.14mg (1.79%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.25mg (1.68%), Vitamin B3: 0.31mg (1.56%), Calcium: 13.97mg (1.4%)