



Asparagus Soup

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



83 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound asparagus ends trimmed cut into 1-inch pieces
- 2 tablespoons butter
- 4 cups chicken broth
- 1 tablespoon flour all-purpose
- 1 clove garlic minced
- 0.3 cup half and half
- 6 servings pepper black freshly ground
- 1 pinch pepper red

2 shallots minced

Equipment

sauce pan

blender

Directions

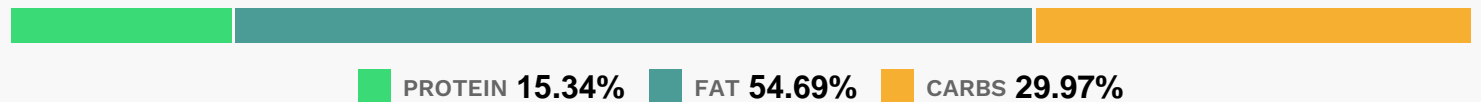
Add the butter to a large saucepan over medium heat to melt. Once foaming and melted, add the shallots and garlic and saute until tender, about 5 minutes.

Add the red pepper flakes, cook until fragrant, and sprinkle with salt and pepper. Stir in the flour and cook until blonde and pasty. Gradually pour in the chicken broth while stirring. Bring the mixture to a boil, and then reduce to a simmer.

Add the asparagus and simmer until it's nice and tender, about 15 minutes. Stir in the half-and-half.

Remove from the heat and use a stick blender to puree the soup until smooth. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:1.52, Inflammation Score:-6, Nutrition Score:7.7678260699562%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg

Nutrients (% of daily need)

Calories: 82.78kcal (4.14%), Fat: 5.39g (8.3%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 4.72g (1.72%), Sugar: 3.18g (3.53%), Cholesterol: 16.7mg (5.57%), Sodium: 620.31mg (26.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.81%), Vitamin K: 32.17µg (30.64%), Vitamin A: 732.84IU (14.66%), Vitamin B2: 0.23mg (13.46%), Manganese: 0.25mg (12.29%), Folate: 44.91µg (11.23%), Vitamin B1: 0.16mg (10.68%), Iron: 1.91mg (10.63%), Copper: 0.18mg (8.97%), Fiber: 1.93g (7.72%), Vitamin E: 1.06mg (7.08%), Potassium: 228.17mg (6.52%), Phosphorus: 63.6mg (6.36%), Vitamin C: 5.15mg (6.24%), Vitamin B3: 1.19mg (5.96%), Vitamin

B6: 0.11mg (5.51%), Selenium: 3.34µg (4.77%), Calcium: 40.99mg (4.1%), Zinc: 0.61mg (4.07%), Magnesium: 15.6mg (3.9%), Vitamin B5: 0.29mg (2.9%)