



Asparagus Soup

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



119 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 4 tablespoons butter
- ☐ 4 cups chicken broth
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper
- ☐ 2 medium size potatoes – remove skin diced red peeled
- ☐ 8 servings salt and pepper to taste
- ☐ 1 onion diced sweet

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 400.
- ☐ Snap off and discard tough ends of asparagus. Coat asparagus lightly with cooking spray, and arrange in an aluminum foil-lined jelly-roll pan.
- ☐ Sprinkle with 1/2 tsp. kosher salt and 1/2 tsp. pepper.
- ☐ Bake at 400 for 16 minutes or until tender and slightly browned, turning after 8 minutes.
- ☐ Remove from oven, and let cool.
- ☐ Meanwhile, melt 2 Tbsp. butter in a large Dutch oven over medium-high heat; add onion, and cook, stirring frequently, 3 minutes or until tender.
- ☐ Add remaining butter, and stir until melted.
- ☐ Add potatoes, and cook, stirring occasionally, 3 minutes. Stir in chicken broth. Bring to boil; reduce heat to medium, and simmer 6 minutes or until potatoes are tender.
- ☐ Chop asparagus into 1/4-inch pieces.
- ☐ Add chopped asparagus to soup; cook, stirring occasionally, 4 minutes.
- ☐ Remove from heat, and let cool 10 minutes.
- ☐ Process asparagus mixture, in batches, in a blender or food processor 8 to 10 seconds or until smooth, stopping to scrape down sides. Return asparagus mixture to Dutch oven. Cook over medium heat, stirring occasionally, 5 minutes or until thoroughly heated. Season with salt and pepper to taste.
- ☐ Serve immediately.

Nutrition Facts



PROTEIN 10.81% **FAT 43.55%** **CARBS 45.64%**

Properties

Glycemic Index:14.25, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:8.3282608908156%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 14.28mg, Quercetin: 14.28mg, Quercetin: 14.28mg, Quercetin: 14.28mg

Nutrients (% of daily need)

Calories: 119.41kcal (5.97%), Fat: 6.1g (9.39%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 11.89g (4.32%), Sugar: 4.34g (4.82%), Cholesterol: 17.4mg (5.8%), Sodium: 834.12mg (36.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Vitamin K: 25.95µg (24.71%), Manganese: 0.27mg (13.35%), Potassium: 430.62mg (12.3%), Vitamin A: 610.75IU (12.21%), Folate: 48.82µg (12.2%), Vitamin C: 9.74mg (11.81%), Vitamin B1: 0.17mg (11.09%), Copper: 0.22mg (11.06%), Vitamin B2: 0.18mg (10.39%), Iron: 1.81mg (10.05%), Fiber: 2.5g (10%), Vitamin B6: 0.2mg (9.82%), Phosphorus: 79.71mg (7.97%), Vitamin B3: 1.48mg (7.42%), Magnesium: 24.91mg (6.23%), Vitamin E: 0.87mg (5.77%), Zinc: 0.63mg (4.18%), Vitamin B5: 0.36mg (3.64%), Calcium: 34.35mg (3.44%), Selenium: 2.32µg (3.32%)