



WHATSheATE

Asparagus soup



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



214 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 350 g asparagus spears chopped
- ☐ 25 g butter
- ☐ 2 garlic cloves crushed
- ☐ 3 shallots finely sliced
- ☐ 2 large handfuls pkt spinach
- ☐ 4 servings little vegetable oil
- ☐ 700 ml vegetable stock fresh (if possible)

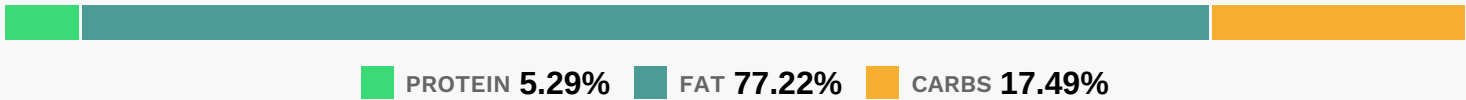
Equipment

- ☐ bowl
- ☐ ladle
- ☐ immersion blender

Directions

- ☐ Heat the butter and oil in a large saucepan until foaming. Fry the asparagus tips for a few mins to soften.
- ☐ Remove and set aside.
- ☐ Add the shallots, asparagus stalks and garlic, and cook for 5–10 mins until softened but still bright. Stir through the spinach, pour over the stock, bring to the boil, then blitz with a hand blender. Season generously and add hot water to loosen if needed. Ladle into bowls and scatter the asparagus tips over each.
- ☐ Drizzle with olive oil and serve with sourdough bread, if you like.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:2.47, Inflammation Score:-9, Nutrition Score:14.341304289258%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 4.99mg, Isorhamnetin: 4.99mg, Isorhamnetin: 4.99mg, Isorhamnetin: 4.99mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 12.85mg, Quercetin: 12.85mg, Quercetin: 12.85mg, Quercetin: 12.85mg

Nutrients (% of daily need)

Calories: 213.95kcal (10.7%), Fat: 19.26g (29.63%), Saturated Fat: 5.4g (33.73%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 7.02g (2.55%), Sugar: 4.68g (5.2%), Cholesterol: 13.44mg (4.48%), Sodium: 751.59mg (32.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Vitamin K: 135.21µg (128.77%), Vitamin A: 2595.37IU (51.91%), Folate: 81.21µg (20.3%), Manganese: 0.35mg (17.63%), Vitamin E: 2.59mg (17.28%), Iron: 2.53mg (14.08%), Vitamin C: 11.08mg (13.43%), Fiber: 2.8g (11.2%), Copper: 0.21mg (10.29%), Vitamin B1: 0.15mg (10.09%), Vitamin B6: 0.19mg (9.62%), Potassium: 330.59mg (9.45%), Vitamin B2: 0.16mg (9.37%), Magnesium: 28.54mg (7.13%), Phosphorus: 67.89mg (6.79%), Vitamin B3: 1.01mg (5.07%), Calcium: 47mg (4.7%), Zinc: 0.65mg (4.33%), Selenium: 2.66µg (3.8%), Vitamin B5: 0.32mg (3.2%)