



Asparagus Soup II

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



149 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds asparagus fresh trimmed cut into 2 1/2 inch pieces
- 1 pinch pepper black
- 1 leek sliced
- 0.5 teaspoon juice of lemon
- 1 tablespoon olive oil
- 1 onion chopped
- 1 salt to taste
- 1 tablespoon butter unsalted

- 6 cups water
- 2.5 tablespoons rice long-grain white

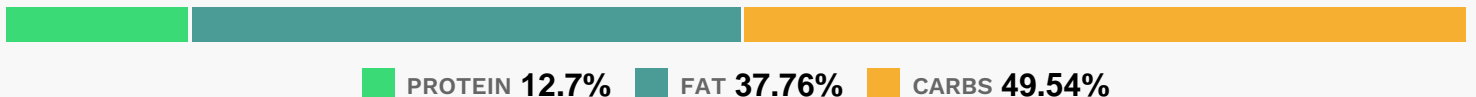
Equipment

- food processor
- frying pan
- pot

Directions

- In a large stockpot, combine the water or stock, asparagus ends and separated leek greens.
- Heat over low heat and allow to simmer while you prepare the rest of the ingredients.
- In a medium saute pan, heat the butter and oil.
- Add the leek 'whites', onion and rice and cook until the onion begins to color (about 8 minutes).
- Add 1 cup of the warm stock and cook 10 more minutes.
- Strain the stock of the asparagus and leek ends and return to the stockpot.
- Add the contents of the saute pan to the strained stock along with the asparagus middles and partially cover the pot. Cook 12 more minutes.
- Transfer soup to a food processor and puree. Strain this back into the stockpot. Season and add salt, pepper and lemon juice to taste. Meanwhile, drop the asparagus tips into boiling salted water and cook until tender (about 4 minutes).
- Serve the soup with a few asparagus tips on top for garnish.

Nutrition Facts



Properties

Glycemic Index:46.05, Glycemic Load:6.87, Inflammation Score:-9, Nutrition Score:16.822173955972%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 11.07mg, Isorhamnetin: 11.07mg, Isorhamnetin: 11.07mg, Isorhamnetin: 11.07mg Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 29.38mg, Quercetin: 29.38mg, Quercetin: 29.38mg, Quercetin: 29.38mg

Nutrients (% of daily need)

Calories: 148.56kcal (7.43%), Fat: 6.7g (10.31%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 15.21g (5.53%), Sugar: 5.26g (5.85%), Cholesterol: 7.53mg (2.51%), Sodium: 27.62mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin K: 83.73µg (79.74%), Vitamin A: 1745.03IU (34.9%), Folate: 108.89µg (27.22%), Manganese: 0.52mg (25.76%), Iron: 4.26mg (23.68%), Copper: 0.44mg (21.85%), Vitamin B1: 0.28mg (18.4%), Fiber: 4.57g (18.27%), Vitamin E: 2.73mg (18.19%), Vitamin C: 14.47mg (17.54%), Vitamin B2: 0.26mg (15.28%), Vitamin B6: 0.26mg (12.76%), Potassium: 436.28mg (12.47%), Phosphorus: 115.77mg (11.58%), Magnesium: 38.8mg (9.7%), Vitamin B3: 1.93mg (9.67%), Selenium: 5.7µg (8.15%), Zinc: 1.13mg (7.55%), Calcium: 74.53mg (7.45%), Vitamin B5: 0.63mg (6.3%)