



 **23%**
HEALTH SCORE

Asparagus Soup in Seconds

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce asparagus canned
- 14.5 ounce chicken broth canned
- 4 servings salt and pepper to taste

Equipment

- food processor
- sauce pan
- blender

Directions

- Blend the asparagus, with liquid, in a blender or food processor until completely smooth.
- Heat asparagus and chicken broth together in a medium saucepan over medium heat. Stir in milk, if using, and bring to a low simmer. Stir in butter to finish, if using, and season to taste with salt and pepper.

Nutrition Facts

PROTEIN 54.27% **FAT 38.93%** **CARBS 6.8%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:14.038695685242%

Nutrients (% of daily need)

Calories: 210.32kcal (10.52%), Fat: 9.02g (13.87%), Saturated Fat: 2.47g (15.43%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 1.84g (0.67%), Sugar: 1.13g (1.25%), Cholesterol: 51.38mg (17.13%), Sodium: 994.24mg (43.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.28g (56.55%), Vitamin K: 46.27µg (44.07%), Selenium: 20.72µg (29.6%), Folate: 98.8µg (24.7%), Vitamin C: 17.65mg (21.39%), Vitamin A: 1055.77IU (21.12%), Phosphorus: 202.95mg (20.29%), Zinc: 2.99mg (19.97%), Iron: 3.28mg (18.24%), Vitamin B3: 3.48mg (17.4%), Vitamin B12: 1.03µg (17.13%), Vitamin B6: 0.31mg (15.61%), Vitamin B2: 0.21mg (12.3%), Vitamin E: 1.63mg (10.84%), Potassium: 340.13mg (9.72%), Manganese: 0.18mg (9.06%), Copper: 0.15mg (7.68%), Magnesium: 30.16mg (7.54%), Fiber: 1.7g (6.8%), Vitamin B1: 0.06mg (4.11%), Calcium: 31.52mg (3.15%), Vitamin B5: 0.15mg (1.48%)