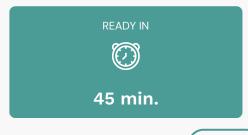
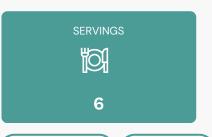
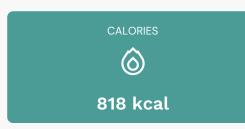


Asparagus Soup with Brie Bruschetta

Vegetarian







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

1.5	5 pounds asparagus fresh cut into 1/2-inch pieces
2	tablespoons olive oil extra virgin extra-virgin
1	tablespoon butter unsalted
1	tablespoon garlic minced
1	cup onion diced
o	.5 cup celery diced
3	2 oz chicken broth (4 cups)

2 teaspoons thyme sprigs fresh finely chopped

	2 cups pkt spinach loosely packed
	2 teaspoons lemon zest freshly grated
	1 cup cup heavy whipping cream (if using buttermilk, cut the lemon peel in half)
	0.5 teaspoon sea salt
	0.3 teaspoon pepper black freshly ground
	2 tablespoons butter
	0.5 cup panko bread crumbs crispy italian
	2 tablespoons parsley fresh italian chopped (flat-leaf)
	1 orange zest grated
	1 loaf bread crumbs french italian sliced
	0.3 cup butter softened
	1 serving round of président brie sliced
Eq	uipment
Н	bowl
H	frying pan
믬	sauce pan
\vdash	ladle
H	oven
Ш	blender
Di	rections
	Snap off ends from asparagus and peel any tough skin from the stalks; set aside.
	In 3-quart saucepan, heat oil and 1 tablespoon unsalted butter over medium-high heat until hot.
	Add garlic to oil and butter; cook until light brown.
	Add onion and celery; reduce heat to medium and cook 10 minutes, stirring occasionally, untivegetables are tender.

	Meanwhile, make the gremolata. In 8-inch skillet, melt 2 tablespoons butter over mediumheat.		
	Add bread crumbs to butter; cook until lightly browned, stirring frequently; transfer to small bowl. Stir in the parsley and orange peel; set aside.		
	In saucepan, add asparagus, broth and thyme to vegetable mixture.		
	Heat to boiling; cook about 3 minutes or until asparagus is tender. Stir in spinach and lemon peel (the spinach will wilt in the soup).		
	Pour soup into blender in small batches; cover and puree each batch until smooth. (The soup can be made ahead to this point, cooled, covered, and refrigerated for up to 1 day or frozen for up to 1 month.)		
	Return soup to saucepan and heat over low heat until hot. Stir in the whipping cream, salt and pepper. Ladle into warm bowls.		
	Sprinkle soup with 1 teaspoon gremolata. Pass the remaining gremolata at the table.		
	Set oven control to broil. To make bruschetta, butter bread slices on both sides and top each with several slices of brie (2 to 3 oz per bread slice). Broil with tops about 5 inches from heat until cheese is bubbly and slightly browned.		
Nutrition Facts			

Properties

Glycemic Index:64.83, Glycemic Load:1.47, Inflammation Score:-10, Nutrition Score:22.963912860207%

Flavonoids

Apigenin: 3.14mg, Apigenin: 3.14mg, Apigenin: 3.14mg, Apigenin: 3.14mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 7.8mg, Isorhamnetin: 7.8mg, Isorhamnetin: 7.8mg, Isorhamnetin: 7.8mg, Isorhamnetin: 7.8mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Quercetin: 21.72mg, Quercetin: 21.72mg, Quercetin: 21.72mg, Quercetin: 21.72mg

PROTEIN 7.38% FAT 66.42% CARBS 26.2%

Nutrients (% of daily need)

Calories: 818.48kcal (40.92%), Fat: 61.8g (95.07%), Saturated Fat: 34g (212.48%), Carbohydrates: 54.84g (18.28%), Net Carbohydrates: 48.31g (17.57%), Sugar: 28.5g (31.66%), Cholesterol: 85.21mg (28.4%), Sodium: 708.31mg (30.8%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 15.46g (30.91%), Vitamin K: 125.75µg (119.76%), Vitamin A: 3010.61lU (60.21%), Folate: 147.78µg (36.94%), Vitamin B3: 7.15mg (35.76%), Iron: 5.26mg (29.23%), Fiber: 6.53g (26.1%), Vitamin B2: 0.44mg (25.81%), Vitamin B1: 0.36mg (23.82%), Vitamin C: 18.47mg (22.39%), Potassium:

721.87mg (20.62%), Manganese: 0.41mg (20.35%), Vitamin E: 2.97mg (19.77%), Phosphorus: 195.67mg (19.57%), Copper: 0.35mg (17.48%), Magnesium: 50.73mg (12.68%), Vitamin B6: 0.23mg (11.66%), Calcium: 112.75mg (11.27%), Selenium: 6.43µg (9.19%), Zinc: 1.38mg (9.17%), Vitamin B5: 0.58mg (5.81%), Vitamin B12: 0.34µg (5.71%), Vitamin D: 0.69µg (4.63%)