



Asparagus Soup with Brie Bruschetta

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



818 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 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
- 0.5 cup celery diced
- 32 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

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- oven
- blender

Directions

- 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, until vegetables are tender.

- Meanwhile, make the gremolata. In 8-inch skillet, melt 2 tablespoons butter over medium heat.
- 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

PROTEIN 7.38% **FAT 66.42%** **CARBS 26.2%**

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 Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 21.72mg, Quercetin: 21.72mg, Quercetin: 21.72mg, Quercetin: 21.72mg

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: 0g (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.91%), Vitamin K: 125.75µg (119.76%), Vitamin A: 3010.61IU (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%)