



Asparagus Soup with Brie Bruschetta

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



902 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds asparagus fresh cut into 1/2-inch pieces
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 servings round of président brie sliced
- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons butter
- ☐ 0.5 cup celery diced
- ☐ 1 loaf bread crumbs french italian sliced
- ☐ 2 teaspoons thyme sprigs fresh finely chopped

- ☐ 1 tablespoon garlic minced
- ☐ 1 cup heavy whipping cream (if using buttermilk, cut the lemon peel in half)
- ☐ 2 teaspoons lemon zest freshly grated
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 cup onion diced
- ☐ 1 orange zest grated
- ☐ 0.5 cup panko bread crumbs crispy italian
- ☐ 2 tablespoons parsley fresh italian chopped (flat-leaf)
- ☐ 32 oz chicken broth (4 cups)
- ☐ 0.5 teaspoon sea salt
- ☐ 2 cups pkt spinach loosely packed
- ☐ 1 tablespoon butter unsalted

Equipment

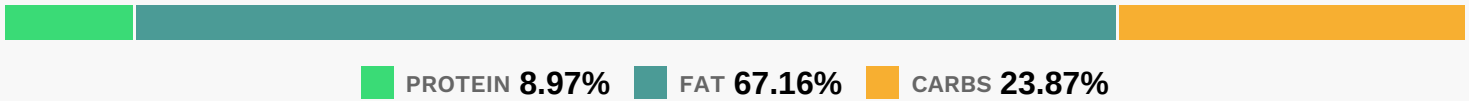
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ blender

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



Properties

Glycemic Index:64.83, Glycemic Load:1.5, Inflammation Score:-10, Nutrition Score:25.1926085016%

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: 901.98kcal (45.1%), Fat: 68.72g (105.72%), Saturated Fat: 38.35g (239.67%), Carbohydrates: 54.95g (18.32%), Net Carbohydrates: 48.42g (17.61%), Sugar: 28.61g (31.79%), Cholesterol: 110.21mg (36.74%), Sodium: 865.56mg (37.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.31%), Vitamin K: 126.32µg (120.31%), Vitamin A: 3158.61IU (63.17%), Folate: 164.03µg (41.01%), Vitamin B3: 7.25mg (36.23%), Vitamin B2: 0.57mg (33.46%), Iron: 5.39mg (29.93%), Fiber: 6.53g (26.1%), Vitamin B1: 0.37mg (24.99%), Phosphorus: 242.67mg

(24.27%), Vitamin C: 18.47mg (22.39%), Potassium: 759.87mg (21.71%), Manganese: 0.42mg (20.78%), Vitamin E: 3.03mg (20.17%), Copper: 0.35mg (17.72%), Calcium: 158.75mg (15.87%), Vitamin B6: 0.29mg (14.6%), Selenium: 10.06µg (14.37%), Magnesium: 55.73mg (13.93%), Zinc: 1.97mg (13.14%), Vitamin B12: 0.76µg (12.59%), Vitamin B5: 0.75mg (7.54%), Vitamin D: 0.82µg (5.46%)