

Asparagus Soup with Parmesan Shortbread Coins

READY IN

ready

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90 min.

SERVINGS

servings

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50

CALORIES

calories

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84 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pounds asparagus cut into 1-inch pieces
- ☐ 0.5 cup baby peas frozen thawed
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 large egg yolks
- ☐ 1 tablespoon flat-leaf parsley leaves
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup heavy cream
- ☐ 1 teaspoon kosher salt

- ☐ 1 teaspoon lemon zest finely grated
- ☐ 50 servings lemon zest finely grated for garnish
- ☐ 1 quart chicken broth low-sodium
- ☐ 1 medium onion thinly sliced
- ☐ 6 ounces parmigiano-reggiano cheese freshly grated
- ☐ 50 servings salt and pepper white freshly ground
- ☐ 0.3 cup tarragon leaves plus more for garnish
- ☐ 1.5 stick butter unsalted softened
- ☐ 2 tablespoons butter unsalted

Equipment

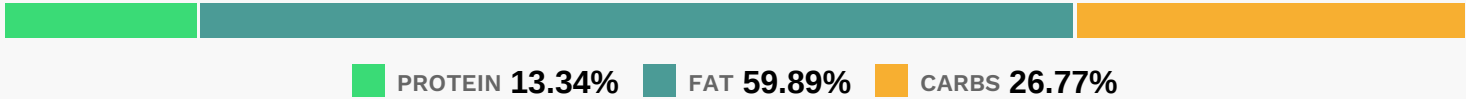
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ hand mixer

Directions

- ☐ In a standing electric mixer fitted with the paddle, combine the flour, cheese, thyme, lemon zest and salt.
- ☐ Add the butter and egg yolks and beat at medium speed until lightly moistened crumbs form. Gather the crumbs and knead to form a 2-inch-thick log. Wrap in plastic and refrigerate until chilled, about 30 minutes.
- ☐ Preheat the oven to 325 and line 2 baking sheets with parchment. Slice the log 1/4 inch thick and arrange on the baking sheets.
- ☐ Bake for about 20 minutes, until golden around the edges; let cool on the sheets.
- ☐ In a large pot, melt the butter.
- ☐ Add the onion, cover and cook over moderate heat, stirring, until softened, about 6 minutes.
- ☐ Add the asparagus and cook for 1 minute.
- ☐ Add the broth and simmer until the asparagus is tender, about 10 minutes.

- ☐
- Add the 1/4 cup of tarragon and the parsley. Working in batches, puree the soup in a blender. Return the soup to the pot, add the cream and peas; rewarm. Season with salt and white pepper and garnish with tarragon and zest.
- ☐
- Serve with the Parmesan coins.

Nutrition Facts



Properties

Glycemic Index:6.15, Glycemic Load:2.36, Inflammation Score:-3, Nutrition Score:3.6504348049993%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 84.31kcal (4.22%), Fat: 5.79g (8.91%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 4.74g (1.72%), Sugar: 0.61g (0.68%), Cholesterol: 22.18mg (7.39%), Sodium: 109.25mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Manganese: 0.17mg (8.26%), Vitamin K: 8.15µg (7.76%), Vitamin A: 319.9IU (6.4%), Calcium: 58.96mg (5.9%), Iron: 0.98mg (5.46%), Phosphorus: 52.72mg (5.27%), Folate: 17.9µg (4.47%), Vitamin B2: 0.08mg (4.42%), Fiber: 1.09g (4.34%), Selenium: 2.99µg (4.27%), Vitamin B1: 0.06mg (3.91%), Vitamin B3: 0.69mg (3.45%), Copper: 0.07mg (3.36%), Vitamin C: 2.5mg (3.03%), Potassium: 72.9mg (2.08%), Vitamin E: 0.31mg (2.07%), Magnesium: 8.28mg (2.07%), Zinc: 0.3mg (1.98%), Vitamin B6: 0.04mg (1.83%), Vitamin B12: 0.09µg (1.42%), Vitamin D: 0.17µg (1.13%), Vitamin B5: 0.11mg (1.08%)