



Asparagus Tarragon Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



134 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pounds asparagus
- ☐ 3 tablespoons tarragon fresh chopped
- ☐ 2 teaspoons olive oil
- ☐ 4 servings salt
- ☐ 0.3 cup shallots chopped
- ☐ 14.5 oz vegetable broth canned
- ☐ 0.3 cup whipping cream

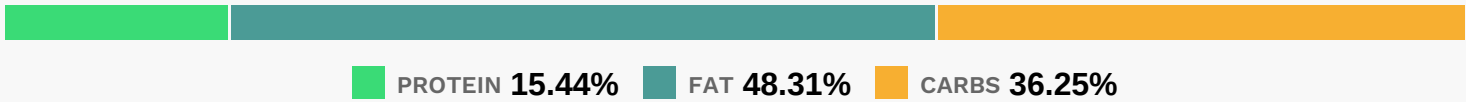
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Rinse asparagus and snap off and discard tough ends. Coarsely chop asparagus.
- ☐ In a 4- to 5-quart pan over medium heat, stir olive oil and shallots until shallots are limp, about 3 minutes.
- ☐ Add asparagus, 1 1/2 tablespoons tarragon, vegetable broth, and 2 cups water. Bring to boiling over high heat and cook until asparagus is tender-crisp when pierced, about 3 minutes longer.
- ☐ Meanwhile, whip cream until it holds soft peaks.
- ☐ In a blender, pure soup until smooth, a portion at a time. Season to taste with salt.
- ☐ Return soup to pan and stir over high heat until steaming. Ladle into bowls, and sprinkle with remaining tarragon.
- ☐ Add an equal portion of whipped cream to each bowl.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:3.74, Inflammation Score:-9, Nutrition Score:17.839999874001%

Flavonoids

Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

Nutrients (% of daily need)

Calories: 133.55kcal (6.68%), Fat: 7.97g (12.26%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 9.02g (3.28%), Sugar: 5.67g (6.3%), Cholesterol: 16.81mg (5.6%), Sodium: 617.35mg (26.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.46%), Vitamin K: 72.56µg (69.1%), Vitamin A: 1944.58IU (38.89%), Manganese: 0.73mg (36.54%), Iron: 5.54mg (30.78%), Folate: 108.46µg (27.11%), Vitamin B2: 0.34mg

(20.06%), Copper: 0.37mg (18.59%), Vitamin B1: 0.27mg (17.88%), Fiber: 4.43g (17.73%), Vitamin B6: 0.34mg (16.88%), Vitamin C: 13.42mg (16.27%), Potassium: 565.73mg (16.16%), Vitamin E: 2.35mg (15.69%), Phosphorus: 122.38mg (12.24%), Calcium: 116.05mg (11.6%), Magnesium: 46.18mg (11.55%), Vitamin B3: 2.17mg (10.86%), Zinc: 1.22mg (8.12%), Selenium: 4.77µg (6.81%), Vitamin B5: 0.55mg (5.47%), Vitamin D: 0.24µg (1.59%)