



Asparagus Vichyssoise

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



112 kcal

SIDE DISH

Ingredients

- 0.5 pound asparagus spears fresh (9 spears)
- 1 cup chicken broth low-sodium undiluted canned divided
- 1 Dash ground pepper white
- 0.3 cup onion finely chopped
- 0.5 cup potatoes diced peeled
- 0.3 teaspoon salt
- 0.5 cup evaporated skimmed milk

Equipment

- food processor
- bowl
- sauce pan
- knife
- blender
- peeler

Directions

- Snap off tough ends of asparagus.
- Remove scales from stalks with a knife or vegetable peeler, if desired.
- Cut asparagus spears in half crosswise. Bring 1/4 cup chicken broth to a boil in a medium saucepan.
- Add asparagus; cover and cook over medium heat 5 minutes or until crisp-tender. Set aside asparagus in broth.
- Coat a small saucepan with cooking spray, and place over medium-high heat until hot.
- Add onion; saute until tender.
- Add remaining 3/4 cup broth and potato. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until potato is tender.
- Combine potato mixture and asparagus, including broth, in container of an electric blender or food processor; cover and process until smooth.
- Transfer mixture to a bowl; stir in milk, salt, and pepper. Cover and chill. Stir before serving.
- Garnish with lemon rind strips, if desired.

Nutrition Facts



PROTEIN 27.03% **FAT 7.12%** **CARBS 65.85%**

Properties

Glycemic Index:88, Glycemic Load:8.77, Inflammation Score:-8, Nutrition Score:14.922173976898%

Flavonoids

Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 20.28mg, Quercetin: 20.28mg, Quercetin: 20.28mg, Quercetin: 20.28mg

Nutrients (% of daily need)

Calories: 112.29kcal (5.61%), Fat: 0.97g (1.49%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 16.19g (5.89%), Sugar: 6.64g (7.37%), Cholesterol: 1.84mg (0.61%), Sodium: 357.44mg (15.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.29g (16.58%), Vitamin K: 48.25µg (45.95%), Vitamin C: 18.28mg (22.15%), Vitamin A: 983.69IU (19.67%), Phosphorus: 196.51mg (19.65%), Potassium: 683.48mg (19.53%), Folate: 72.44µg (18.11%), Iron: 3.2mg (17.78%), Vitamin B2: 0.3mg (17.55%), Copper: 0.34mg (17.25%), Vitamin B3: 3.38mg (16.88%), Vitamin B1: 0.25mg (16.52%), Vitamin B6: 0.33mg (16.49%), Fiber: 4.01g (16.03%), Manganese: 0.31mg (15.47%), Calcium: 125.19mg (12.52%), Magnesium: 38.94mg (9.73%), Vitamin E: 1.29mg (8.6%), Zinc: 1.2mg (7.99%), Vitamin B12: 0.47µg (7.89%), Vitamin B5: 0.71mg (7.09%), Selenium: 4.11µg (5.87%), Vitamin D: 0.67µg (4.49%)