



Cedar Smoked Asparagus Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



169 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cedar plank with no varnish) for smoking (cooking grade
- 1 medium Bunch asparagus trimmed
- 2 tablespoons olive oil
- 1 teaspoon balsamic vinegar
- 2 leek light diced white green washed and finely well
- 2 garlic clove minced
- 4 cups vegetable stock
- 1 medium baking potatoes diced peeled

- 1 teaspoon salt to taste
- 1 teaspoon juice of lemon to taste

Equipment

- food processor
- pot
- grill
- aluminum foil
- immersion blender

Directions

- Submerge your cedar plank in water anywhere from 20 minutes to 4 hours, depending on the thickness and your timing.
- Preheat the grill over a medium high heat.
- Trim asparagus and lay in aluminum foil.
- Drizzle over balsamic vinegar and 1 Tablespoon of the olive oil; wrapping the foil to cover.
- Place the asparagus package on the cedar plank, reduce the flame and close the lid of the bbq.
- Grill for about 10 15 minutes, checking intermittently until tender.
- Meanwhile, heat the remaining oil in a large stockpot to sweat the leeks and garlic until soft and translucent but not browned; about 3 5 minutes.
- Add the diced potato and cover with the stock.
- Bring to a simmer and cook until the potatoes are softened.
- Remove the best spear tips from the asparagus and reserve for garnish.
- Roughly chop the remaining smoky asparagus, add to the simmering soup.
- Continue for another 3 5 minutes to cook through to merge flavours.
- Transfer soup to a food processor or using a immersion blender, combine until smooth.
- Season to taste with salt.
- Stir in lemon juice, if using.

Top each serving with reserved asparagus tips and drizzle over extra virgin olive, basil or leek oil.

Nutrition Facts

PROTEIN 9.76% **FAT 36.63%** **CARBS 53.61%**

Properties

Glycemic Index:68.44, Glycemic Load:11.57, Inflammation Score:-9, Nutrition Score:15.896956521739%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 15.8mg, Quercetin: 15.8mg, Quercetin: 15.8mg, Quercetin: 15.8mg

Taste

Sweetness: 31.46%, Saltiness: 100%, Sourness: 31.38%, Bitterness: 7.34%, Savoriness: 29.01%, Fattiness: 71.89%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 168.95kcal (8.45%), Fat: 7.32g (11.26%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 24.11g (8.04%), Net Carbohydrates: 20.22g (7.35%), Sugar: 6.41g (7.12%), Cholesterol: 0mg (0%), Sodium: 1535.88mg (66.78%), Protein: 4.39g (8.78%), Vitamin K: 72.91µg (69.44%), Vitamin A: 2093.61IU (41.87%), Manganese: 0.5mg (25.19%), Folate: 94.73µg (23.68%), Iron: 3.88mg (21.55%), Vitamin B6: 0.41mg (20.45%), Vitamin C: 15.63mg (18.94%), Vitamin E: 2.7mg (17.98%), Copper: 0.33mg (16.32%), Vitamin B1: 0.23mg (15.64%), Fiber: 3.89g (15.56%), Potassium: 538.29mg (15.38%), Vitamin B2: 0.19mg (11.26%), Phosphorus: 106mg (10.6%), Magnesium: 41.07mg (10.27%), Vitamin B3: 1.84mg (9.21%), Calcium: 63.74mg (6.37%), Zinc: 0.84mg (5.57%), Vitamin B5: 0.54mg (5.41%), Selenium: 3.46µg (4.94%)