



Chilled Asparagus Soup



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 pounds asparagus cut into 1/2" pieces
- ☐ 6 asparagus halved thinly sliced lengthwise thin
- ☐ 6 servings pepper black freshly ground
- ☐ 4 cups chicken broth
- ☐ 6 tablespoons olive oil divided plus more for drizzling
- ☐ 2 medium onion thinly sliced
- ☐ 8 ounces pkt spinach fresh

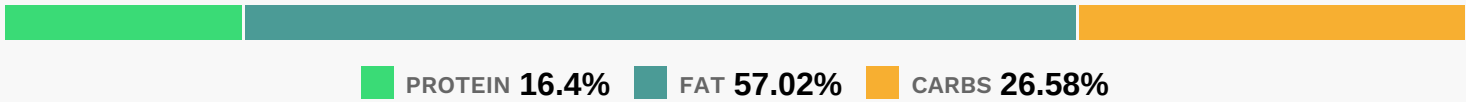
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ blender

Directions

- ☐ Heat 4 tablespoons oil in a large pot overmedium-low heat.
- ☐ Add onions and cook,stirring occasionally, until translucent,8–10 minutes.
- ☐ Add 1/2" asparagus piecesand season with salt and pepper. Cook untilasparagus is bright green and tender, 4–5minutes.
- ☐ Add broth, increase heat to high,and bring to a boil. Reduce heat to mediumand simmer until asparagus is tender, 8–10minutes.
- ☐ Add spinach and cook, stirringoccasionally, until wilted, about 2 minutes.
- ☐ Let mixture cool slightly.
- ☐ Set a fine-mesh sieve over a large bowl;set aside. Working in batches, purée soupin a blender until very smooth. Strain throughprepared sieve. Stir remaining 2 tablespoons oilinto soup; season to taste with salt andpepper. Cover and chill until cold, at least3 hours. DO AHEAD: Can be made 1 dayahead. Keep chilled.
- ☐ Divide asparagus tips and thinly slicedstalks among bowls; pour chilled soup over.
- ☐ Drizzle each with a few drops of oil.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:2.32, Inflammation Score:-10, Nutrition Score:28.459130432295%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 15.68mg, Isorhamnetin: 15.68mg, Isorhamnetin: 15.68mg, Isorhamnetin: 15.68mg Kaempferol: 6.02mg, Kaempferol: 6.02mg, Kaempferol: 6.02mg, Kaempferol: 6.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 42.89mg, Quercetin:

42.89mg, Quercetin: 42.89mg, Quercetin: 42.89mg

Nutrients (% of daily need)

Calories: 221.1kcal (11.06%), Fat: 15.42g (23.73%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 9.59g (3.49%), Sugar: 6.48g (7.2%), Cholesterol: 0mg (0%), Sodium: 83.68mg (3.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.97%), Vitamin K: 292.31µg (278.39%), Vitamin A: 5381.27IU (107.63%), Folate: 206.57µg (51.64%), Manganese: 0.78mg (39.14%), Iron: 6.72mg (37.31%), Vitamin E: 5.54mg (36.9%), Vitamin C: 26.93mg (32.64%), Copper: 0.6mg (30.19%), Vitamin B2: 0.47mg (27.71%), Fiber: 6.58g (26.32%), Vitamin B1: 0.39mg (26.24%), Potassium: 891.68mg (25.48%), Vitamin B3: 4.85mg (24.24%), Phosphorus: 202.77mg (20.28%), Vitamin B6: 0.35mg (17.73%), Magnesium: 69.26mg (17.32%), Zinc: 1.73mg (11.55%), Calcium: 111mg (11.1%), Selenium: 6.15µg (8.79%), Vitamin B5: 0.74mg (7.36%), Vitamin B12: 0.16µg (2.62%)