



Chilled Asparagus Soup with Warm Trout Cakes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds asparagus rinsed cut into 2-inch lengths
- ☐ 6 servings marinated morels
- ☐ 1 tablespoon olive oil
- ☐ 8 oz onion peeled chopped
- ☐ 6 servings salt and pepper
- ☐ 2.5 cups vegetable broth
- ☐ 1 cup whipping cream

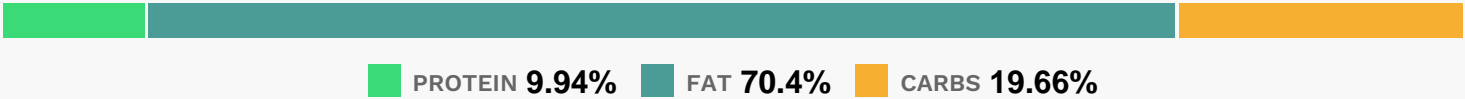
Equipment

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

Directions

- ☐ Pour olive oil into a 3- to 4-quart pan over medium-high heat. When hot, add onion and stir often until limp, 4 to 5 minutes.
- ☐ Add asparagus and 2 1/2 cups broth. Bring to a boil over high heat, then reduce heat and simmer, stirring occasionally, until asparagus is very tender when pierced, 10 to 14 minutes.
- ☐ Working in batches and holding lid down with a towel, whirl asparagus mixture in a blender until very smooth.
- ☐ Pour into a large bowl and stir in cream.
- ☐ Add salt and pepper to taste. Cover and chill until cold, at least 2 hours.
- ☐ If soup is too thick, stir in a little more broth. Taste, and add more salt and pepper if desired. Ladle soup into six wide, shallow bowls. Set a warm trout cake in the center of each, and top cakes equally with marinated morels.
- ☐ Drizzle a little truffle oil over soup around cakes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:1.65, Inflammation Score:-9, Nutrition Score:14.992608671603%

Flavonoids

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: 10.51mg, Isorhamnetin: 10.51mg, Isorhamnetin: 10.51mg, Isorhamnetin: 10.51mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 28.81mg, Quercetin: 28.81mg, Quercetin: 28.81mg, Quercetin: 28.81mg

Nutrients (% of daily need)

Calories: 204.95kcal (10.25%), Fat: 17.04g (26.21%), Saturated Fat: 9.52g (59.51%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 6.86g (2.49%), Sugar: 5.75g (6.39%), Cholesterol: 44.82mg (14.94%), Sodium: 596.14mg (25.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Vitamin K: 65.72µg (62.59%), Vitamin A: 1726.91IU (34.54%), Folate: 88.43µg (22.11%), Iron: 3.62mg (20.13%), Vitamin B2: 0.32mg (18.82%), Vitamin B1: 0.25mg (16.59%), Copper: 0.33mg (16.46%), Vitamin E: 2.42mg (16.11%), Fiber: 3.85g (15.38%), Manganese: 0.3mg (15.24%), Vitamin C: 11.5mg (13.94%), Phosphorus: 124.94mg (12.49%), Potassium: 430.84mg (12.31%), Vitamin B6: 0.21mg (10.57%), Vitamin B3: 2.1mg (10.49%), Selenium: 6.96µg (9.94%), Calcium: 75.52mg (7.55%), Magnesium: 28.87mg (7.22%), Vitamin B5: 0.68mg (6.8%), Zinc: 1.02mg (6.77%), Vitamin D: 0.69µg (4.57%), Vitamin B12: 0.25µg (4.21%)