



Cream of Asparagus and Mushroom Soup

READY IN



55 min.

SERVINGS



8

CALORIES



197 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus fresh chopped
- ☐ 3 slices bacon
- ☐ 1 tablespoon add carrot and onion to bacon fat . cook
- ☐ 0.3 cup butter
- ☐ 3 stalks celery chopped
- ☐ 6 cups chicken broth
- ☐ 3 tablespoons flour all-purpose
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 8 servings salt and ground pepper black to taste

- ☐ 0.8 cup half-and-half cream
- ☐ 1 onion diced
- ☐ 1 potatoes diced peeled

Equipment

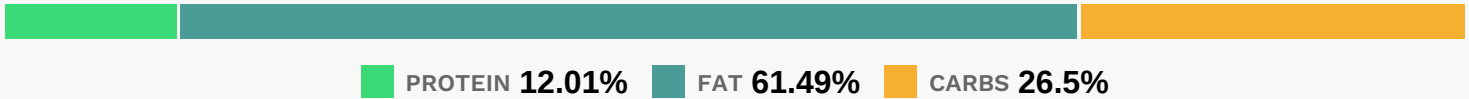
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ kitchen towels

Directions

- ☐ Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate. Crumble bacon when cool; set aside. Reserve 1 tablespoon of bacon drippings.
- ☐ Melt butter with drippings in a saucepan over medium heat.
- ☐ Cook and stir celery and onion in the saucepan until onion is translucent, about 4 minutes.
- ☐ Whisk flour into the mixture and cook for 1 minute.
- ☐ Whisk in chicken broth and bring to a boil.
- ☐ Add potato and chopped asparagus stalks, reserving the asparagus tips for later. Season with salt and ground black pepper.
- ☐ Reduce heat and simmer for 20 minutes.
- ☐ Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.

- ☐
- Cook and stir mushrooms and asparagus tips in the same skillet used for bacon until mushrooms give up their liquid, 5 to 8 minutes. Season with salt and ground black pepper, if needed.
- ☐
- Stir mushrooms, asparagus tips, and half-and-half cream to pureed soup. Cook until thoroughly heated.
- ☐
- Garnish soup with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:45.47, Glycemic Load:5.85, Inflammation Score:-6, Nutrition Score:11.14739134519%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 3.92mg, Isorhamnetin: 3.92mg, Isorhamnetin: 3.92mg, Isorhamnetin: 3.92mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg

Nutrients (% of daily need)

Calories: 197.42kcal (9.87%), Fat: 14.01g (21.55%), Saturated Fat: 7.11g (44.41%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 10.94g (3.98%), Sugar: 4.33g (4.81%), Cholesterol: 33.82mg (11.27%), Sodium: 787.35mg (34.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.31%), Vitamin K: 29.51µg (28.1%), Vitamin B2: 0.39mg (22.7%), Vitamin A: 761.51IU (15.23%), Vitamin B1: 0.22mg (14.93%), Manganese: 0.29mg (14.55%), Vitamin B3: 2.84mg (14.18%), Copper: 0.27mg (13.7%), Folate: 52.63µg (13.16%), Potassium: 459.9mg (13.14%), Vitamin C: 10.7mg (12.97%), Phosphorus: 122.01mg (12.2%), Selenium: 8.27µg (11.81%), Vitamin B6: 0.22mg (11.11%), Iron: 1.93mg (10.73%), Fiber: 2.63g (10.54%), Vitamin B5: 0.86mg (8.61%), Vitamin E: 1.03mg (6.87%), Magnesium: 25.59mg (6.4%), Calcium: 61.12mg (6.11%), Zinc: 0.91mg (6.08%), Vitamin B12: 0.14µg (2.38%)