



Cream of Asparagus Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



29 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 lb asparagus spears fresh trimmed chopped
- 8 oz philadelphia cream cheese cubed softened
- 1 tsp garlic powder
- 2 Tbsp milk
- 1 Tbsp oil
- 1 large onion chopped
- 2.5 cups vegetable broth fat-free reduced-sodium

Equipment

sauce pan

blender

Directions

Heat oil in large saucepan on medium heat.

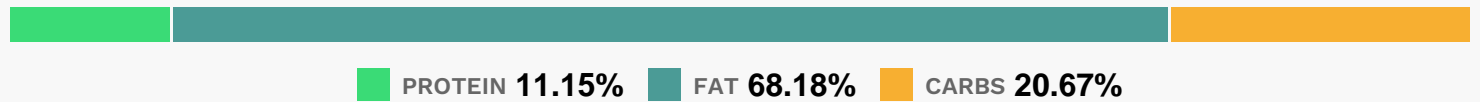
Add onions; cook 5 min., stirring occasionally.

Add asparagus and broth; stir. Bring to boil; cover. Simmer on medium–low heat 15 min. or until vegetables are very tender.

Blend asparagus mixture, in batches, in blender until smooth; return to saucepan.

Add remaining ingredients; cook and stir on medium heat 2 to 3 min. or until cream cheese is completely melted, and soup is well blended and heated through.

Nutrition Facts



Properties

Glycemic Index:3.22, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:1.7213043423127%

Flavonoids

Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 29.48kcal (1.47%), Fat: 2.35g (3.61%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.79g (0.88%), Cholesterol: 5.82mg (1.94%), Sodium: 18.63mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.73%), Vitamin K: 7.46µg (7.11%), Vitamin A: 206.03IU (4.12%), Folate: 10.1µg (2.53%), Vitamin B2: 0.04mg (2.3%), Iron: 0.38mg (2.12%), Vitamin E: 0.3mg (2.03%), Fiber: 0.49g (1.96%), Vitamin B1: 0.03mg (1.87%), Copper: 0.04mg (1.75%), Phosphorus: 17.08mg (1.71%), Manganese: 0.03mg (1.66%), Vitamin C: 1.23mg (1.49%), Potassium: 49.37mg (1.41%), Selenium: 0.93µg (1.33%), Vitamin B6: 0.02mg (1.24%), Calcium: 11.43mg (1.14%)