



Cream of Asparagus Soup

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



103 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups asparagus sliced () (1 pound)
- ☐ 1 bay leaves
- ☐ 2 teaspoons butter
- ☐ 2 cups fat-skimmed beef broth fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.8 teaspoon thyme sprigs fresh divided
- ☐ 1 garlic clove crushed
- ☐ 1 Dash nutmeg

- ☐ 0.3 teaspoon lemon zest grated
- ☐ 2 cups milk 1% low-fat
- ☐ 0.8 teaspoon salt

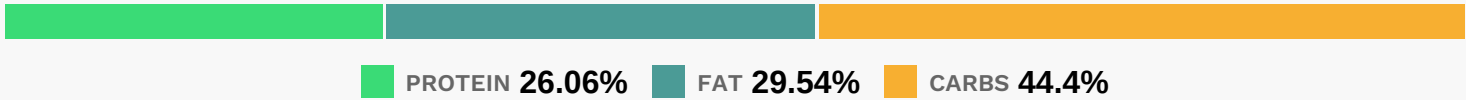
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Combine asparagus, broth, 1/2 teaspoon thyme, bay leaf, and garlic in a large saucepan over medium-high heat; bring to a boil. Reduce heat, cover, and simmer 10 minutes. Discard bay leaf.
- ☐ Place asparagus mixture in a blender; process until smooth.
- ☐ Place flour in pan. Gradually add the milk, stirring with a whisk until blended.
- ☐ Add pured asparagus and ground nutmeg; stir to combine. Bring to a boil. Reduce heat; simmer 5 minutes, stirring constantly.
- ☐ Remove from heat, and stir in 1/4 teaspoon thyme, butter, salt, and lemon rind.
- ☐ Cream of Carrot Soup: Substitute 2 cups baby carrots for asparagus. Omit bay leaf. Yield 4 servings (serving size: 1 cup).
- ☐ CALORIES 112 (28% from fat); FAT 5g (sat 2g, mono 8g, poly 2g); PROTEIN 7g; CARB 4g; FIBER 1g; CHOL 13mg; IRON 6mg; SODIUM 765mg; CALC 152mg
- ☐ Cream of Leek Soup: Substitute 3 cups sliced leek for asparagus. Substitute 3/4 teaspoon rosemary for thyme. Omit bay leaf.
- ☐ CALORIES 131 (23% from fat); FAT 4g (sat 2g, mono 8g, poly 2g); PROTEIN 3g; CARB 3g; FIBER 3g; CHOL 13mg; IRON 5mg; SODIUM 759mg; CALC 178mg

Nutrition Facts



Properties

Glycemic Index:75.5, Glycemic Load:1.75, Inflammation Score:-8, Nutrition Score:13.136086982229%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.06mg, Quercetin: 14.06mg, Quercetin: 14.06mg, Quercetin: 14.06mg

Nutrients (% of daily need)

Calories: 103.08kcal (5.15%), Fat: 3.58g (5.51%), Saturated Fat: 2.07g (12.91%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 9.82g (3.57%), Sugar: 8g (8.89%), Cholesterol: 11.27mg (3.76%), Sodium: 964.6mg (41.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.23%), Vitamin K: 42.12µg (40.11%), Vitamin A: 1073.28IU (21.47%), Vitamin B2: 0.34mg (20.22%), Phosphorus: 191.03mg (19.1%), Calcium: 182.2mg (18.22%), Vitamin B12: 0.95µg (15.85%), Vitamin B1: 0.24mg (15.76%), Folate: 59.7µg (14.93%), Iron: 2.5mg (13.88%), Potassium: 433.87mg (12.4%), Selenium: 8.06µg (11.51%), Copper: 0.22mg (11.14%), Manganese: 0.22mg (10.85%), Vitamin B6: 0.19mg (9.53%), Vitamin B3: 1.88mg (9.39%), Fiber: 2.3g (9.2%), Vitamin D: 1.3µg (8.65%), Vitamin B5: 0.85mg (8.55%), Vitamin E: 1.22mg (8.13%), Vitamin C: 6.64mg (8.05%), Magnesium: 31.13mg (7.78%), Zinc: 1.11mg (7.41%)