



Cream of Asparagus Soup (Crème d'asperges)

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



210 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds asparagus green
- ☐ 5 cups chicken broth
- ☐ 0.5 cup crème fraîche
- ☐ 0.3 teaspoon juice of lemon fresh to taste
- ☐ 1 large onion chopped
- ☐ 3 tablespoons butter unsalted

Equipment

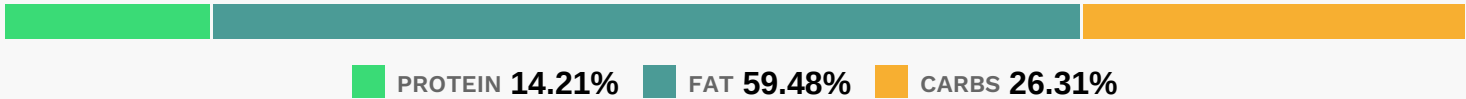
- ☐ bowl

- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ blender

Directions

- ☐ Cut tips from 12 asparagus
- ☐ 1/2 inches from top and halve tips lengthwise if thick. Reserve for garnish.
- ☐ Cut stalks and all remaining asparagus into 1/2-inch pieces.
- ☐ Cook onion in 2 tablespoons butter in a 4-quart heavy pot over moderately low heat, stirring, until softened.
- ☐ Add asparagus pieces and salt and pepper to taste, then cook, stirring, 5 minutes.
- ☐ Add 5 cups broth and simmer, covered, until asparagus is very tender, 15 to 20 minutes.
- ☐ While soup simmers, cook reserved asparagus tips in boiling salted water until just tender, 3 to 4 minutes, then drain.
- ☐ Purée soup in batches in a blender until smooth, transferring to a bowl (use caution when blending hot liquids), and return to pan. Stir in crème fraîche, then add more broth to thin soup to desired consistency. Season with salt and pepper. Bring soup to a boil and whisk in remaining tablespoon butter.
- ☐ Add lemon juice and garnish with asparagus tips.
- ☐ ·Soup keeps, covered and chilled, 2 days. If making ahead, add last tablespoon butter and lemon juice after reheating.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:2.07, Inflammation Score:-9, Nutrition Score:21.026521807132%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Luteolin: 0.01mg Isorhamnetin: 14.81mg, Isorhamnetin: 14.81mg, Isorhamnetin: 14.81mg, Isorhamnetin: 14.81mg
Kaempferol: 3.4mg, Kaempferol: 3.4mg, Kaempferol: 3.4mg, Kaempferol: 3.4mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 39.32mg, Quercetin: 39.32mg, Quercetin: 39.32mg,
Quercetin: 39.32mg

Nutrients (% of daily need)

Calories: 210.26kcal (10.51%), Fat: 15.02g (23.11%), Saturated Fat: 8.44g (52.76%), Carbohydrates: 14.95g (4.98%),
Net Carbohydrates: 9.55g (3.47%), Sugar: 8.1g (9.01%), Cholesterol: 45.41mg (15.14%), Sodium: 1105.92mg
(48.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.07g (16.15%), Vitamin K: 95.66µg (91.11%), Vitamin A:
2162.73IU (43.25%), Vitamin B2: 0.56mg (32.66%), Folate: 127.16µg (31.79%), Iron: 5.16mg (28.67%), Vitamin B1:
0.41mg (27.31%), Manganese: 0.55mg (27.27%), Copper: 0.49mg (24.71%), Fiber: 5.4g (21.6%), Vitamin E: 3.04mg
(20.27%), Vitamin C: 15.86mg (19.22%), Potassium: 604.53mg (17.27%), Phosphorus: 164.95mg (16.5%), Vitamin B3:
2.94mg (14.68%), Vitamin B6: 0.26mg (13.18%), Selenium: 7.75µg (11.07%), Zinc: 1.6mg (10.66%), Calcium: 106.38mg
(10.64%), Magnesium: 41.54mg (10.39%), Vitamin B5: 0.8mg (8.03%), Vitamin B12: 0.14µg (2.28%), Vitamin D: 0.16µg
(1.05%)