



Cream of Asparagus Soup II

READY IN



45 min.

SERVINGS



8

CALORIES



103 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound asparagus fresh
- 3.5 cups chicken broth
- 0.3 cup flour all-purpose
- 0.1 teaspoon pepper black
- 0.5 cup half and half
- 0.3 cup butter
- 0.5 teaspoon salt

Equipment

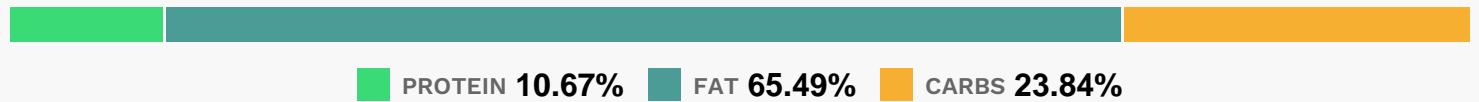
frying pan

sauce pan

Directions

- Trim the coarse ends of the asparagus and cut asparagus into one inch pieces. In a medium skillet over medium high heat, saute the asparagus in 1 cup of the broth for about 7 minutes, or until tender.
- In a large saucepan over medium high heat, melt the butter or margarine and remove from heat.
- Add the flour and stir well until smooth. Gradually add the remaining 2 1/2 cups broth. Return the saucepan to the heat and continue to cook, stirring occasionally, until slightly thickened.
- Add the half-and-half, salt, pepper and cooked asparagus with liquid. Stir well and heat thoroughly.
- Serve hot and enjoy!

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:2.48, Inflammation Score:-6, Nutrition Score:6.1786955931912%

Flavonoids

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 102.62kcal (5.13%), Fat: 7.77g (11.96%), Saturated Fat: 2.29g (14.32%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 5.06g (1.84%), Sugar: 2.14g (2.38%), Cholesterol: 7.35mg (2.45%), Sodium: 604.12mg (26.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin K: 23.85µg (22.71%), Vitamin A: 738.16IU (14.76%), Vitamin B2: 0.19mg (11.29%), Folate: 37.16µg (9.29%), Vitamin B1: 0.14mg (9.24%), Manganese: 0.17mg (8.4%), Iron: 1.48mg (8.21%), Copper: 0.13mg (6.5%), Vitamin E: 0.94mg (6.28%), Phosphorus: 53.86mg (5.39%), Fiber: 1.3g (5.22%), Vitamin B3: 1.03mg (5.14%), Selenium: 3.53µg (5.04%), Potassium: 160.61mg (4.59%), Vitamin C: 3.33mg (4.03%), Calcium: 36.85mg (3.68%), Zinc: 0.47mg (3.1%), Vitamin B6: 0.06mg (3.08%), Magnesium: 11.61mg (2.9%), Vitamin B5: 0.23mg (2.32%)