



Creamed Asparagus Soup

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



26 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb asparagus spears fresh cut into thirds
- 3 Tbsp butter
- 1 cup chicken broth
- 0.5 cup philadelphia chive & onion cream cheese spread ()
- 1 large clove garlic minced
- 1 leek sliced
- 0.3 cup milk
- 0.5 tsp pepper

- 1 tsp salt
- 1 cup water

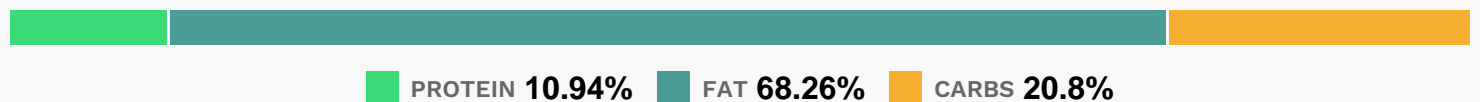
Equipment

- food processor
- bowl
- sauce pan

Directions

- Melt butter in medium saucepan on medium heat.
- Add leeks; cook 5 min. or until tender, stirring occasionally. Stir in garlic; cook and stir 2 min.
- Add asparagus, broth and water; stir. Simmer on medium-low heat 5 min. or until asparagus is crisp-tender. Stir in salt and pepper.
- Mix cream cheese spread and milk until well blended.
- Process asparagus mixture in food processor until smooth.
- Pour into 4 soup bowls.
- Add cream cheese mixture; swirl gently with spoon.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:1.66217391776%

Flavonoids

Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 26.32kcal (1.32%), Fat: 2.08g (3.2%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.65g (0.72%), Cholesterol: 5.8mg (1.93%), Sodium: 135.35mg (5.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin K: 7.85µg (7.47%), Vitamin A: 238.83IU

(4.78%), Folate: 9.81µg (2.45%), Manganese: 0.05mg (2.4%), Iron: 0.4mg (2.21%), Vitamin B2: 0.03mg (1.78%), Vitamin B1: 0.03mg (1.77%), Copper: 0.04mg (1.77%), Vitamin E: 0.24mg (1.57%), Fiber: 0.38g (1.53%), Vitamin C: 1.23mg (1.5%), Calcium: 13.69mg (1.37%), Potassium: 41.54mg (1.19%), Phosphorus: 11.81mg (1.18%), Vitamin B6: 0.02mg (1.16%)