

Creamed Asparagus Soup

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



196 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound asparagus fresh
- 3 tablespoons butter
- 1 cup chicken broth
- 0.5 cup approx cream cheese spread
- 1 large clove garlic minced
- 1 leek sliced
- 0.3 cup milk
- 0.5 teaspoon pepper

- 1 teaspoon salt
- 1 cup water

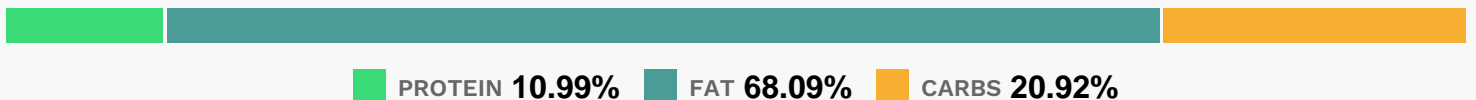
Equipment

- bowl
- sauce pan
- blender

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. Season with salt and pepper.
- Meanwhile, mix cream cheese spread and milk until well blended.
- Add asparagus mixture to blender, in batches; blend until smooth. Spoon into soup bowls.
- Add cream cheese mixture; swirl gently with spoon.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:1.9, Inflammation Score:-8, Nutrition Score:12.457825919856%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

Nutrients (% of daily need)

Calories: 196.33kcal (9.82%), Fat: 15.49g (23.83%), Saturated Fat: 9.7g (60.62%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 7.84g (2.85%), Sugar: 4.88g (5.42%), Cholesterol: 43.17mg (14.39%), Sodium: 1014.16mg (44.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.25%), Vitamin K: 58.83µg (56.03%), Vitamin A: 1787.47IU (35.75%), Folate: 73.59µg (18.4%), Manganese: 0.36mg (17.99%), Iron: 2.98mg (16.55%), Vitamin B2:

0.23mg (13.36%), Copper: 0.27mg (13.27%), Vitamin B1: 0.2mg (13.25%), Vitamin E: 1.76mg (11.76%), Fiber: 2.86g (11.44%), Vitamin C: 9.25mg (11.22%), Calcium: 102.62mg (10.26%), Potassium: 311.53mg (8.9%), Phosphorus: 88.57mg (8.86%), Vitamin B6: 0.17mg (8.73%), Vitamin B3: 1.36mg (6.78%), Magnesium: 25.95mg (6.49%), Zinc: 0.77mg (5.14%), Selenium: 3.58µg (5.12%), Vitamin B5: 0.42mg (4.24%), Vitamin B12: 0.11µg (1.87%), Vitamin D: 0.17µg (1.12%)