



Creamy Asparagus Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound asparagus cut into 1-inch pieces
- 1.5 teaspoons butter
- 1 celery stalks sliced
- 0.5 leek trimmed sliced
- 2.8 cups chicken broth low-sodium
- 1 small onion coarsely chopped
- 1 tablespoon pinenuts
- 0.3 teaspoon salt

4 servings pepper white

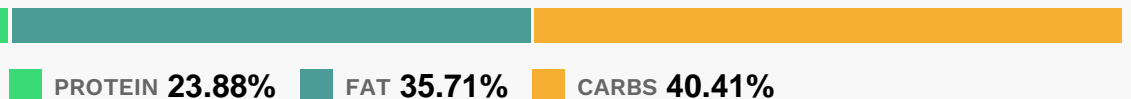
Equipment

- bowl
- frying pan
- sauce pan
- pot
- blender
- kitchen towels

Directions

- Bring a medium pot of water to a boil; add asparagus (make sure water covers asparagus). Cook 5 minutes.
- Drain, reserving 1 cup asparagus water.
- Remove 16 asparagus tips; cut in half lengthwise; set aside.
- Heat butter in a medium saucepan over low heat until melted. Cook onion, leek and celery, covered, stirring occasionally, until soft but not brown, 10 to 16 minutes.
- Add salt.
- Add broth; bring to a simmer. Cook, partially covered, 8 minutes. Purée broth mixture, asparagus (not tips) and reserved asparagus water in a blender, in 2 batches. (
- Remove center part of blender lid to prevent hot liquid from bubbling over. Instead, hold a folded dish towel over hole in cap.) Return pureed soup to pot; heat until it just reaches a simmer. Season with pepper and, if desired, nutmeg. Cover; remove from heat. In a small pan, toast pine nuts over medium-low heat, shaking pan occasionally, until nuts are fragrant and browned in some spots, about 6 minutes. Season nuts with salt. Divide soup among 4 bowls; top each with 8 asparagus-tip halves and toasted pine nuts.
- Self

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:1.45, Inflammation Score:-8, Nutrition Score:13.108695600344%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.34mg, Isorhamnetin: 7.34mg, Isorhamnetin: 7.34mg, Isorhamnetin: 7.34mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 19.42mg, Quercetin: 19.42mg, Quercetin: 19.42mg, Quercetin: 19.42mg

Nutrients (% of daily need)

Calories: 98.75kcal (4.94%), Fat: 4.44g (6.82%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 7.78g (2.83%), Sugar: 3.62g (4.03%), Cholesterol: 4.03mg (1.34%), Sodium: 212.22mg (9.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Vitamin K: 54.24µg (51.66%), Manganese: 0.56mg (28.14%), Vitamin A: 1095.16IU (21.9%), Iron: 3.47mg (19.25%), Copper: 0.37mg (18.45%), Folate: 70.88µg (17.72%), Vitamin B3: 3.51mg (17.57%), Fiber: 3.51g (14.05%), Phosphorus: 135.2mg (13.52%), Vitamin B2: 0.23mg (13.3%), Vitamin B1: 0.19mg (12.45%), Potassium: 433.64mg (12.39%), Vitamin C: 9.45mg (11.46%), Vitamin E: 1.67mg (11.11%), Vitamin B6: 0.17mg (8.57%), Magnesium: 30.59mg (7.65%), Zinc: 1mg (6.7%), Calcium: 50.93mg (5.09%), Selenium: 2.91µg (4.16%), Vitamin B5: 0.36mg (3.6%), Vitamin B12: 0.17µg (2.76%)