



Creamy Asparagus Soup

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



118 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup onion chopped (1 medium)
- ☐ 0.5 cup celery chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 2.5 cups chicken broth (from 32-oz carton)
- ☐ 30 oz asparagus green drained canned
- ☐ 1 cup frangelico

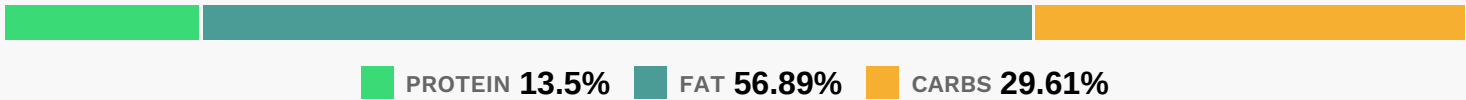
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ In 3-quart saucepan, melt butter over medium heat.
- ☐ Add onion and celery; cook 4 to 5 minutes, stirring frequently, until vegetables are crisp-tender. Stir in flour. Cook 1 minute, stirring constantly. Stir in broth. Cook 5 to 7 minutes, stirring constantly, until thoroughly heated.
- ☐ Remove from heat. Stir in asparagus. In food processor or blender, process asparagus mixture until smooth. If necessary, asparagus mixture can be processed in batches. Return to saucepan.
- ☐ Stir in half-and-half. Cook 5 to 8 minutes, stirring occasionally, until slightly thickened and thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:2.5, Inflammation Score:-8, Nutrition Score:12.693913064573%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 8.75mg, Isorhamnetin: 8.75mg, Isorhamnetin: 8.75mg, Isorhamnetin: 8.75mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Quercetin: 22.56mg, Quercetin: 22.56mg, Quercetin: 22.56mg, Quercetin: 22.56mg

Nutrients (% of daily need)

Calories: 117.84kcal (5.89%), Fat: 8.04g (12.37%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 6.01g (2.19%), Sugar: 3.77g (4.19%), Cholesterol: 1.96mg (0.65%), Sodium: 462.61mg (20.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Vitamin K: 61.49µg (58.57%), Vitamin A: 1449.95IU (29%), Folate: 83.94µg (20.99%), Iron: 3.26mg (18.13%), Vitamin B1: 0.25mg (16.78%), Vitamin B2: 0.28mg (16.58%), Manganese: 0.31mg (15.6%), Copper: 0.29mg (14.72%), Fiber: 3.41g (13.62%), Vitamin E: 1.96mg (13.07%), Vitamin C: 9.2mg (11.16%), Potassium: 351.95mg (10.06%), Vitamin B3: 1.79mg (8.96%), Phosphorus: 88.39mg (8.84%), Vitamin B6: 0.15mg (7.66%), Selenium: 4.6µg (6.57%), Magnesium: 23.92mg (5.98%), Zinc: 0.89mg (5.9%),

Calcium: 47.58mg (4.76%), Vitamin B5: 0.45mg (4.53%)