



Creamy Asparagus Soup with Mushrooms and Gruyère Croûtes

READY IN



45 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds asparagus cut into 1-inch pieces
- ☐ 16.5 inch baguette
- ☐ 1 quart chicken broth low-sodium homemade canned
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.3 pound gruyere cheese shredded
- ☐ 6.5 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 0.3 cup rice long-grain

- ☐ 2.3 teaspoons salt
- ☐ 10 ounce mushroom caps white sliced thin
- ☐ 1 quart water

Equipment

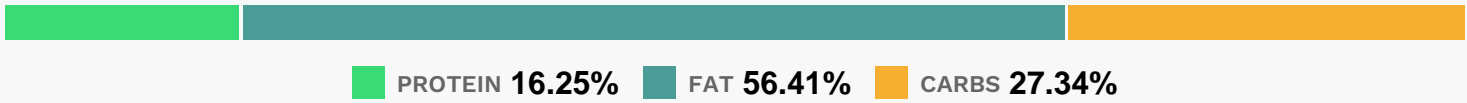
- ☐ food processor
- ☐ baking sheet
- ☐ pot
- ☐ blender
- ☐ broiler

Directions

- ☐ In a large pot, heat 2 tablespoons of the oil over moderately high heat.
- ☐ Add the mushrooms, 1/4 teaspoon of the salt, and the pepper and cook, stirring occasionally, until the mushrooms are golden, about 5 minutes.
- ☐ Remove the mushrooms from the pot and set aside. Reduce the heat to moderately low and add another 1 1/2 tablespoons of the oil to the pot.
- ☐ Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the water, broth, rice, and the remaining 2 teaspoons of salt to the pot. Bring to a boil. Continue boiling for 10 minutes, stirring occasionally.
- ☐ Add the asparagus. Cook until the asparagus is tender, about 5 minutes.
- ☐ In a blender or food processor, puree the soup until completely smooth. Return the soup to the pot and stir in the reserved mushrooms.
- ☐ Meanwhile, heat the broiler.
- ☐ Put the bread on a baking sheet and brush both sides of the bread with the remaining 3 tablespoons of oil. Broil the bread until brown, about 2 minutes. Turn and top with the Gruyere. Broil until the cheese melts, about 2 minutes longer.
- ☐ Reheat the soup if necessary.
- ☐ Serve topped with the Gruyere cotes.

Wine Recommendation: The wines of southern Italy, long ignored by wine lovers, are now recognized as among the most interesting the country has to offer. A full-bodied wine suchas a white Greco di Tufo, an earthy, honeyed delight, will be terrific here.

Nutrition Facts



Properties

Glycemic Index:63.98, Glycemic Load:13.93, Inflammation Score:-9, Nutrition Score:32.125217582868%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 14.81mg, Isorhamnetin: 14.81mg, Isorhamnetin: 14.81mg, Isorhamnetin: 14.81mg Kaempferol: 3.4mg, Kaempferol: 3.4mg, Kaempferol: 3.4mg, Kaempferol: 3.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 39.32mg, Quercetin: 39.32mg, Quercetin: 39.32mg, Quercetin: 39.32mg

Nutrients (% of daily need)

Calories: 524.23kcal (26.21%), Fat: 34.38g (52.88%), Saturated Fat: 9.1lg (56.96%), Carbohydrates: 37.5g (12.5%), Net Carbohydrates: 29.88g (10.86%), Sugar: 8.46g (9.4%), Cholesterol: 31.18mg (10.39%), Sodium: 1671.72mg (72.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.28g (44.55%), Vitamin K: 109.49µg (104.28%), Phosphorus: 478.56mg (47.86%), Vitamin B3: 9mg (45.02%), Manganese: 0.81mg (40.51%), Vitamin E: 5.97mg (39.83%), Vitamin B2: 0.68mg (39.72%), Vitamin A: 1984.77IU (39.7%), Calcium: 384.27mg (38.43%), Copper: 0.76mg (38.04%), Folate: 149.57µg (37.39%), Iron: 6.4mg (35.57%), Fiber: 7.62g (30.5%), Vitamin B1: 0.44mg (29.41%), Potassium: 987.64mg (28.22%), Vitamin B6: 0.54mg (27.11%), Selenium: 17.69µg (25.28%), Zinc: 3.64mg (24.27%), Vitamin B5: 2.09mg (20.88%), Vitamin C: 15.48mg (18.76%), Magnesium: 71.44mg (17.86%), Vitamin B12: 0.69µg (11.5%), Vitamin D: 0.45µg (3.02%)