



Dinner Tonight: Asparagus and Rice Soup with Pancetta and Black Pepper



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces asparagus trimmed (woody ends snapped off)
- ☐ 4 servings pepper black freshly ground
- ☐ 3.5 cups chicken stock see
- ☐ 4 tablespoons olive oil
- ☐ 0.3 pound pancetta diced (or substitute bacon)
- ☐ 0.5 cup water
- ☐ 0.3 cup rice white

☐ 2 cups onion diced yellow

Equipment

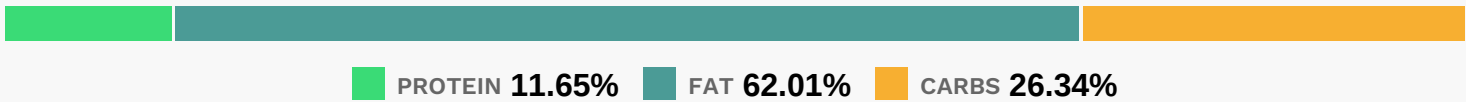
☐ frying pan

☐ sauce pan

Directions

- ☐ In a heavy 4 quart saucepan, heat half the oil (2 tablespoons) over medium heat, then add the onions and sweat gently for about ten minutes until translucent but not browned, stirring regularly.
- ☐ Add the rice, stock, and water to the onions, then bring to a simmer and cook, covered tightly, until the rice is tender but not mushy, 12-20 minutes.
- ☐ In a 12-inch skillet, heat the remaining 2 tablespoons oil over medium-high heat, then add the asparagus slivers and pancetta and stir to coat. Cook untouched until the edges begin to color, then stir and cook again, untouched, repeating the process until everything has nice color and has shrunk by about 1/
- ☐ Add the pancetta/asparagus mixture to the soup, along with incredible amounts of black pepper. Boil for 1 minute and serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:38.05, Glycemic Load:7.55, Inflammation Score:-7, Nutrition Score:13.063913055088%

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: 7.24mg, Isorhamnetin: 7.24mg, Isorhamnetin: 7.24mg, Isorhamnetin: 7.24mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 24.17mg, Quercetin: 24.17mg, Quercetin: 24.17mg, Quercetin: 24.17mg

Nutrients (% of daily need)

Calories: 403.37kcal (20.17%), Fat: 28g (43.08%), Saturated Fat: 6.45g (40.34%), Carbohydrates: 26.76g (8.92%), Net Carbohydrates: 24.03g (8.74%), Sugar: 7.79g (8.66%), Cholesterol: 25.01mg (8.34%), Sodium: 494.66mg

(21.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.66%), Vitamin K: 32.93µg (31.36%), Vitamin B3: 5.29mg (26.46%), Selenium: 13.77µg (19.68%), Vitamin E: 2.87mg (19.14%), Vitamin B1: 0.28mg (18.52%), Vitamin B6: 0.37mg (18.52%), Vitamin B2: 0.31mg (18.17%), Manganese: 0.33mg (16.72%), Phosphorus: 163.66mg (16.37%), Potassium: 522.73mg (14.94%), Copper: 0.3mg (14.76%), Folate: 56.13µg (14.03%), Iron: 2.12mg (11.77%), Vitamin C: 9.52mg (11.53%), Fiber: 2.73g (10.91%), Vitamin A: 447.58IU (8.95%), Zinc: 1.2mg (8.01%), Magnesium: 31.1mg (7.77%), Vitamin B5: 0.53mg (5.3%), Calcium: 44.43mg (4.44%), Vitamin B12: 0.14µg (2.36%)