

Easy Cream of Asparagus Soup

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bunches asparagus fresh trimmed
- ☐ 3 tablespoons butter
- ☐ 1 stalk celery chopped
- ☐ 3 quarts chicken stock see
- ☐ 1 clove garlic chopped
- ☐ 0.5 cup heavy cream
- ☐ 1 onion red chopped
- ☐ 6 servings salt and pepper to taste

☐ 0.5 cup cooking sherry

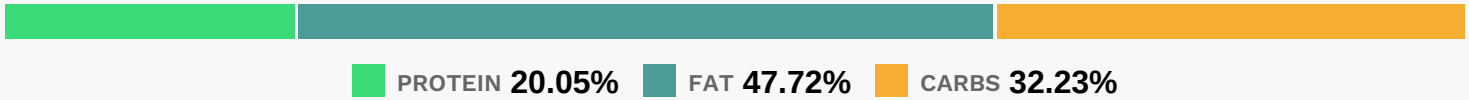
Equipment

- ☐ pot
- ☐ blender
- ☐ kitchen towels

Directions

- ☐ Chop the asparagus. Set aside 2 cups of the asparagus tips.
- ☐ Melt the butter in a stockpot over medium heat. Cook the asparagus, onion, celery, and garlic in the melted butter until beginning to soften, 2 to 3 minutes.
- ☐ Add the sherry and chicken stock; bring the mixture to a gentle boil, reduce heat to medium-low, and simmer for 45 minutes.
- ☐ Remove from heat and allow to cool at least 30 minutes.
- ☐ Pour the soup into a blender, filling the pitcher no more than halfway. Hold the lid in place with a folded kitchen towel and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Return the blended soup to the stockpot; stir in the reserved asparagus tips and the heavy cream. Cook over medium heat until soup is hot and the asparagus tips are heated through but still crunchy, about 3 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.82, Inflammation Score:-9, Nutrition Score:26.275652159815%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin:

13.74mg, Isorhamnetin: 13.74mg, Isorhamnetin: 13.74mg, Isorhamnetin: 13.74mg Kaempferol: 3.26mg, Kaempferol: 3.26mg, Kaempferol: 3.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 35.22mg, Quercetin: 35.22mg, Quercetin: 35.22mg, Quercetin: 35.22mg

Nutrients (% of daily need)

Calories: 358.38kcal (17.92%), Fat: 18.82g (28.95%), Saturated Fat: 9.78g (61.12%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 23.44g (8.52%), Sugar: 13.35g (14.84%), Cholesterol: 51.66mg (17.22%), Sodium: 932.45mg (40.54%), Alcohol: 2.06g (100%), Alcohol %: 0.34% (100%), Protein: 17.79g (35.58%), Vitamin K: 97.79µg (93.13%), Vitamin B3: 9.76mg (48.8%), Vitamin B2: 0.77mg (45.38%), Vitamin A: 2212.02IU (44.24%), Folate: 147.76µg (36.94%), Copper: 0.69mg (34.74%), Vitamin B1: 0.5mg (33.57%), Iron: 5.95mg (33.03%), Potassium: 1032.2mg (29.49%), Vitamin B6: 0.54mg (27.18%), Phosphorus: 269.22mg (26.92%), Selenium: 16.46µg (23.51%), Manganese: 0.42mg (20.92%), Fiber: 5.15g (20.62%), Vitamin E: 3.05mg (20.34%), Vitamin C: 15.38mg (18.65%), Magnesium: 56.65mg (14.16%), Zinc: 2mg (13.34%), Calcium: 92.67mg (9.27%), Vitamin B5: 0.73mg (7.26%), Vitamin D: 0.32µg (2.12%)