



French Farmhouse Asparagus Bisque

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



175 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus
- ☐ 1 pound baking potato diced white peeled
- ☐ 0.3 cup coconut-based creamer plain
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons chives fresh finely chopped for garnish
- ☐ 6 sprigs thyme or dried fresh
- ☐ 1 pound leek
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon salt to taste
- ☐ 4 cups vegetable broth

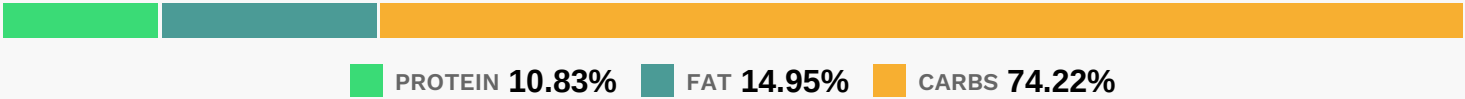
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ potato masher
- ☐ immersion blender

Directions

- ☐ Wash the asparagus and trim away the bottom 1/2 inch from the stalks. Slice off and set aside the tips, and dice the stalks into 1/2-inch pieces. Trim the roots from the leek, then trim away the top 4 inches away from the green leaves at the other end. Slice the leek in half and run under cold water, gently pushing apart the leaves to rinse away any grit. When leek is clean, slice it into slices 1/4 inch thick. In a 3-quart soup pot heat 1 tablespoon of the oil over medium heat and sauté the leek for 3 minutes or until it begins to soften.
- ☐ Add the chopped asparagus stalks and sauté for 4 minutes, stir in the wine and simmer for 2 minutes. Stir in the vegetable broth, potatoes, and thyme. Increase heat to high, bring to an active simmer for 1 minute, then reduce heat to medium-low. Cover and simmer for 22 to 24 minutes until the potatoes are very tender and mash easily when pressed with a fork. While the soup is cooking, over medium heat in a small skillet sauté the asparagus tips with the remaining 1 teaspoon of olive oil for 1 to 1-1/2 minutes or until the tips are bright green and crisp tender.
- ☐ Transfer tips to a dish and sprinkle with a pinch of sea salt. Turn off heat and remove the thyme sprigs if using.
- ☐ Add the soy or coconut-based creamer. Use a potato masher and mash the soup to a chunky puree, or insert an immersion blender into the soup and puree into the smoothest soup possible; take your time to ensure the soup gets very smooth. Stir in the chopped chives and salt, then taste the soup and season with more salt to taste if necessary. To serve, ladle soup into wide serving bowls, and garnish each serving with a few sautéed asparagus tips and a pinch of chopped chives.

Nutrition Facts



Properties

Glycemic Index:42.29, Glycemic Load:15.16, Inflammation Score:-10, Nutrition Score:18.086956542471%

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 Isorhamnetin: 4.38mg, Isorhamnetin: 4.38mg, Isorhamnetin: 4.38mg, Isorhamnetin: 4.38mg Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 10.69mg, Quercetin: 10.69mg, Quercetin: 10.69mg

Nutrients (% of daily need)

Calories: 175.45kcal (8.77%), Fat: 2.79g (4.3%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 31.19g (10.4%), Net Carbohydrates: 26.87g (9.77%), Sugar: 7.06g (7.84%), Cholesterol: 0mg (0%), Sodium: 842.49mg (36.63%), Alcohol: 2.06g (100%), Alcohol %: 0.62% (100%), Protein: 4.55g (9.11%), Vitamin K: 89.1µg (84.86%), Vitamin A: 2247.74IU (44.95%), Manganese: 0.71mg (35.4%), Iron: 5.18mg (28.76%), Vitamin B6: 0.52mg (26.13%), Folate: 102.27µg (25.57%), Vitamin C: 18.7mg (22.66%), Potassium: 629.4mg (17.98%), Fiber: 4.33g (17.3%), Copper: 0.32mg (16.13%), Vitamin B1: 0.22mg (14.82%), Magnesium: 53.76mg (13.44%), Vitamin E: 1.97mg (13.13%), Phosphorus: 113.54mg (11.35%), Vitamin B2: 0.16mg (9.55%), Vitamin B3: 1.9mg (9.51%), Calcium: 94.34mg (9.43%), Vitamin B5: 0.55mg (5.53%), Zinc: 0.81mg (5.4%), Selenium: 2.87µg (4.1%)