



Fresh Asparagus Soup

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



153 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 2 teaspoons butter
- ☐ 2 cups chicken broth fat-free low-sodium
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.8 teaspoon thyme leaves fresh divided
- ☐ 1 garlic clove chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind divided grated

- ☐ 2 cups milk 1% low-fat
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 servings garnish: thyme sprig fresh

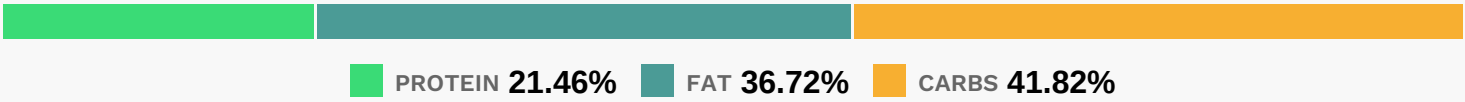
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Snap off and discard tough ends of asparagus.
- ☐ Cut into 2-inch pieces.
- ☐ Combine asparagus, broth, onion, garlic, and 1/2 tsp. thyme in a large saucepan over medium-high heat; bring to a boil. Reduce heat to medium-low; cover and simmer 10 minutes.
- ☐ Remove from heat; let stand 10 minutes. Process asparagus mixture, in batches, in a blender or food processor until smooth. Return to pan.
- ☐ Whisk together flour and milk until smooth. Gradually add flour mixture to asparagus mixture, whisking until blended. Bring to a boil, stirring constantly. Reduce heat; simmer, stirring constantly, 5 minutes.
- ☐ Remove from heat; stir in butter, salt, 1/4 tsp. lemon rind, and remaining 1/4 tsp. thyme.
- ☐ Combine sour cream, lemon juice, and remaining 1/4 tsp. lemon rind. Top each serving with about 5 tsp. sour cream mixture.
- ☐ Garnish, if desired.
- ☐ Note: Freeze soup after Step 3 for up to 1 month. When ready to serve, thaw, reheat, and continue with Step

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:2.23, Inflammation Score:-9, Nutrition Score:15.876086815544%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 19.94mg, Quercetin: 19.94mg, Quercetin: 19.94mg, Quercetin: 19.94mg

Nutrients (% of daily need)

Calories: 153.26kcal (7.66%), Fat: 6.6g (10.15%), Saturated Fat: 3.92g (24.49%), Carbohydrates: 16.91g (5.64%), Net Carbohydrates: 13.89g (5.05%), Sugar: 9.19g (10.21%), Cholesterol: 21.34mg (7.11%), Sodium: 844.27mg (36.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.36%), Vitamin K: 47.71µg (45.44%), Vitamin A: 1311.49IU (26.23%), Vitamin B2: 0.41mg (23.94%), Calcium: 234.12mg (23.41%), Phosphorus: 224.76mg (22.48%), Folate: 74.35µg (18.59%), Vitamin B1: 0.28mg (18.41%), Vitamin B12: 1.07µg (17.86%), Iron: 3mg (16.64%), Potassium: 559.19mg (15.98%), Vitamin C: 12.3mg (14.91%), Manganese: 0.27mg (13.56%), Selenium: 9.35µg (13.35%), Copper: 0.26mg (13.15%), Fiber: 3.02g (12.07%), Vitamin B6: 0.24mg (11.84%), Vitamin B3: 2.07mg (10.33%), Magnesium: 39.17mg (9.79%), Vitamin E: 1.46mg (9.74%), Vitamin B5: 0.92mg (9.24%), Zinc: 1.37mg (9.15%), Vitamin D: 1.36µg (9.04%)