



Grilled Asparagus Soup

 Vegetarian  Vegan  Dairy Free

READY IN



43 min.

SERVINGS



8

CALORIES



95 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds asparagus trimmed
- 2 tablespoons flour all-purpose
- 8 servings rosemary leaves fresh
- 2 cloves garlic minced
- 3 tablespoons olive oil
- 0.3 teaspoon pepper black
- 1 large onion sweet coarsely chopped
- 6 cups vegetable stock organic swanson®

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- blender
- grill
- grill pan
- cutting board

Directions

- Place the asparagus in a single layer on a large platter.
- Drizzle with 1 tablespoon of oil and black pepper. Toss to coat.
- Heat the grill to medium.
- Place a multi-functional perforated grill pan on the grill.
- Place the asparagus on the pan in a single layer and grill for 8 minutes or until the asparagus is tender-crisp, turning halfway through cooking.
- Remove from heat to a cutting board and let cool.
- Heat the remaining oil in a 4-quart saucepan over medium heat.
- Add the onion and garlic and cook until tender-crisp.
- Meanwhile, cut the grilled asparagus diagonally into 1-inch pieces. Set aside.
- Reduce the heat to low.
- Add the flour to the onion mixture. Cook for 5 minutes, stirring often. Gradually stir in the broth.
- Heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes.
- Place 1/3 of the broth mixture into an electric blender or food processor container. Cover and blend until smooth.
- Pour the mixture into a medium bowl. Repeat the blending process twice more with the remaining broth mixture. Return all of the pureed mixture to the saucepan.

- Add the remaining asparagus and rosemary. Cook over medium heat until the mixture is hot.
- Garnish with rosemary sprigs, if desired.

Nutrition Facts

PROTEIN 9.78%

FAT 48.45%

CARBS 41.77%

Properties

Glycemic Index:26.75, Glycemic Load:2.61, Inflammation Score:-8, Nutrition Score:8.5243476888408%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 17.91mg, Quercetin: 17.91mg, Quercetin: 17.91mg, Quercetin: 17.91mg

Nutrients (% of daily need)

Calories: 94.88kcal (4.74%), Fat: 5.47g (8.41%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 8.22g (2.99%), Sugar: 5.19g (5.76%), Cholesterol: 0mg (0%), Sodium: 710.55mg (30.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Vitamin K: 38.79µg (36.94%), Vitamin A: 1048.44IU (20.97%), Folate: 58.3µg (14.57%), Iron: 2.13mg (11.83%), Vitamin E: 1.73mg (11.52%), Manganese: 0.21mg (10.44%), Vitamin B1: 0.16mg (10.35%), Copper: 0.19mg (9.63%), Fiber: 2.38g (9.53%), Vitamin C: 7.2mg (8.73%), Vitamin B2: 0.14mg (8.23%), Vitamin B6: 0.14mg (7.24%), Potassium: 233.61mg (6.67%), Phosphorus: 59.33mg (5.93%), Vitamin B3: 1.01mg (5.06%), Magnesium: 17.25mg (4.31%), Selenium: 2.91µg (4.15%), Zinc: 0.54mg (3.63%), Calcium: 33.82mg (3.38%), Vitamin B5: 0.3mg (2.95%)