



How to Make Cream of Asparagus Soup

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



119 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds asparagus fresh trimmed cut into 1-inch pieces
- ☐ 6 servings pepper black freshly ground to taste
- ☐ 2 tablespoons butter
- ☐ 1 pinch cayenne pepper to taste
- ☐ 4 cups chicken broth
- ☐ 1 pinch ground nutmeg
- ☐ 0.3 cup heavy whipping cream
- ☐ 1 teaspoon lemon zest

- ☐ 1 onion diced finely
- ☐ 1 tablespoon parmigiano-reggiano cheese freshly grated
- ☐ 6 servings salt to taste
- ☐ 2 cups water

Equipment

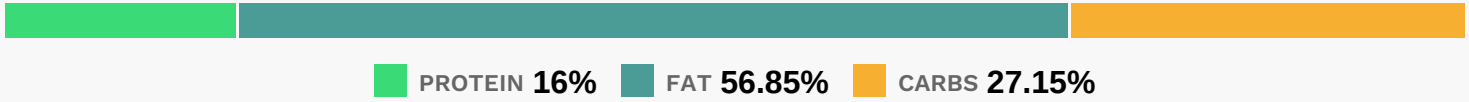
- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ stove
- ☐ immersion blender

Directions

- ☐ Melt butter in a soup pot over medium heat.
- ☐ Add minced onion and salt; cook and stir until onion is soft and golden, about 10 minutes.
- ☐ Pour chicken broth and water into pot. Bring to a boil, reduce heat to medium, and simmer 15 minutes.
- ☐ Place asparagus pieces in simmering broth. Cook, stirring occasionally until asparagus is just tender and still bright green, 5 to 10 minutes.
- ☐ Remove from heat.
- ☐ Use an immersion blender to blend soup until smooth, about 3 minutes.
- ☐ For a finer texture, strain soup through mesh strainer. Return strained soup to pot and place on stove.
- ☐ Turn heat to low. Season with cayenne pepper, black pepper, and nutmeg. Adjust salt to taste.
- ☐ Whisk 1/2 cup cream into soup.
- ☐ Place 1/4 cup cream, Parmigiano-Reggiano cheese, and lemon zest in a small bowl.
- ☐ Whisk until frothy and slightly thickened, about 1 minute.

- ☐ Ladle soup into bowls.
- ☐ Drizzle a spoonful of Parmigiano-Reggiano-lemon cream on top of each serving and swirl to form a random design.
- ☐ Sprinkle with a pinch of lemon zest and cayenne pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:1.3, Inflammation Score:-8, Nutrition Score:13.623043568238%

Flavonoids

Isorhamnetin: 9.54mg, Isorhamnetin: 9.54mg, Isorhamnetin: 9.54mg, Isorhamnetin: 9.54mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 24.86mg, Quercetin: 24.86mg, Quercetin: 24.86mg, Quercetin: 24.86mg

Nutrients (% of daily need)

Calories: 118.75kcal (5.94%), Fat: 8.18g (12.58%), Saturated Fat: 4.95g (30.94%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 5.2g (1.89%), Sugar: 4.66g (5.17%), Cholesterol: 24.94mg (8.31%), Sodium: 828.83mg (36.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.35%), Vitamin K: 63.81µg (60.77%), Vitamin A: 1423.27IU (28.47%), Folate: 82.91µg (20.73%), Vitamin B2: 0.33mg (19.66%), Iron: 3.42mg (19.01%), Manganese: 0.35mg (17.66%), Vitamin B1: 0.26mg (17.4%), Copper: 0.33mg (16.7%), Fiber: 3.59g (14.35%), Vitamin E: 1.98mg (13.22%), Vitamin C: 10.33mg (12.52%), Potassium: 374.51mg (10.7%), Phosphorus: 103.46mg (10.35%), Vitamin B3: 1.86mg (9.3%), Vitamin B6: 0.17mg (8.27%), Zinc: 1.02mg (6.82%), Calcium: 68.01mg (6.8%), Magnesium: 27.07mg (6.77%), Selenium: 4.74µg (6.77%), Vitamin B5: 0.49mg (4.88%), Vitamin B12: 0.07µg (1.09%), Vitamin D: 0.16µg (1.09%)