



How to Make Cream of Asparagus Soup

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



85 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
- ☐ 1 onion diced finely
- ☐ 1 tablespoon parmigiano-reggiano cheese freshly grated

- ☐ 6 servings salt to taste
- ☐ 2 cups water

Equipment

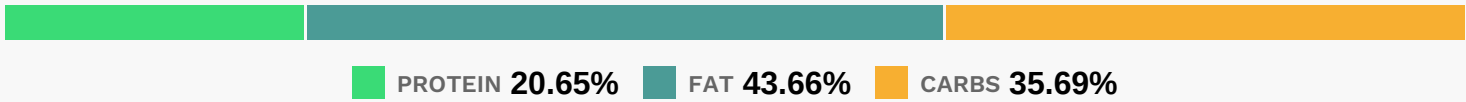
- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ stove
- ☐ immersion blender

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:13.177391346301%

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: 84.88kcal (4.24%), Fat: 4.6g (7.07%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 4.9g (1.78%), Sugar: 4.35g (4.84%), Cholesterol: 13.73mg (4.58%), Sodium: 826.13mg (35.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Vitamin K: 63.49µg (60.47%), Vitamin A: 1277.33IU (25.55%), Folate: 82.47µg (20.62%), Iron: 3.41mg (18.94%), Vitamin B2: 0.32mg (18.55%), Manganese: 0.35mg (17.66%), Vitamin B1: 0.26mg (17.26%), Copper: 0.33mg (16.63%), Fiber: 3.55g (14.21%), Vitamin E: 1.89mg (12.61%), Vitamin C: 9.84mg (11.93%), Potassium: 364.56mg (10.42%), Phosphorus: 97.67mg (9.77%), Vitamin B3: 1.85mg (9.26%), Vitamin B6: 0.16mg (8.07%), Zinc: 1mg (6.65%), Magnesium: 26.32mg (6.58%), Selenium: 4.44µg (6.34%), Calcium: 61.02mg (6.1%), Vitamin B5: 0.46mg (4.61%)