



Lemony Asparagus Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 21 ounce asparagus cuts and tips undrained canned
- 3 tablespoons butter
- 14.5 ounce chicken broth canned
- 6 servings toppings: cream fresh sour chopped
- 3 garlic cloves pressed
- 1 tablespoon juice of lemon
- 1 cup milk
- 14.5 ounce new potatoes whole drained sliced canned

- 0.5 cup onion chopped
- 0.5 teaspoon pepper

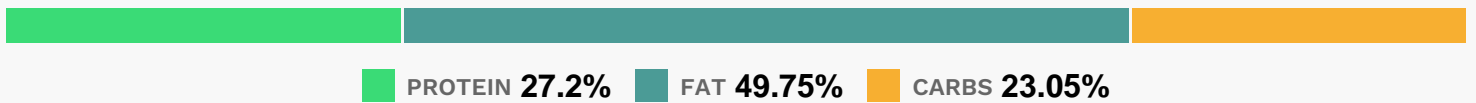
Equipment

- food processor
- blender
- dutch oven

Directions

- Melt butter in a Dutch oven over medium-high heat; add onion and garlic, and saut until tender.
- Add asparagus and next 4 ingredients.
- Bring to a boil, stirring often. Reduce heat, and simmer, stirring often, 10 minutes. Cool slightly.
- Process half of mixture in a blender or food processor until smooth, stopping to scrape down sides.
- Transfer to another container, and repeat procedure with remaining mixture.
- Return asparagus mixture to Dutch oven, and stir in milk. Cook just until soup is heated. (Do not boil.)
- Serve hot or cold with desired toppings.

Nutrition Facts



Properties

Glycemic Index:35.13, Glycemic Load:9.92, Inflammation Score:-8, Nutrition Score:17.873913142992%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 332.62kcal (16.63%), Fat: 18.64g (28.68%), Saturated Fat: 7.09g (44.32%), Carbohydrates: 19.44g (6.48%), Net Carbohydrates: 16.03g (5.83%), Sugar: 4.62g (5.14%), Cholesterol: 56.09mg (18.7%), Sodium: 705.47mg (30.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.93g (45.86%), Vitamin K: 44.81µg (42.68%), Vitamin C: 32.49mg (39.39%), Vitamin A: 1476.48IU (29.53%), Folate: 106.4µg (26.6%), Vitamin B6: 0.51mg (25.42%), Phosphorus: 244.55mg (24.45%), Selenium: 16.01µg (22.87%), Potassium: 672.38mg (19.21%), Iron: 3.33mg (18.49%), Zinc: 2.55mg (17.03%), Vitamin B3: 3.4mg (16.99%), Manganese: 0.34mg (16.96%), Vitamin B2: 0.28mg (16.62%), Vitamin B12: 0.94µg (15.6%), Fiber: 3.4g (13.61%), Vitamin E: 1.82mg (12.14%), Magnesium: 46.98mg (11.75%), Copper: 0.22mg (10.89%), Calcium: 102.38mg (10.24%), Vitamin B1: 0.15mg (9.92%), Vitamin B5: 0.57mg (5.67%), Vitamin D: 0.76µg (5.04%)