



Quick and Hearty Asparagus Soup

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

368 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus fresh trimmed
- ☐ 0.5 cup butter
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon ground pepper black
- ☐ 0.3 teaspoon liquid smoke flavoring
- ☐ 6 cups milk
- ☐ 1 onion chopped

- ☐ 0.5 teaspoon pepper sauce hot
- ☐ 2 tablespoons salt

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ microwave
- ☐ kitchen towels

Directions

- ☐ Cut the asparagus spears into bite-size pieces; set the tips aside. Divide the spear pieces into two separate microwave-safe containers.
- ☐ Place 1/2 tablespoon butter in each bowl. Loosely cover both containers and place in the microwave oven; cook on High until the asparagus is completely soft, 15 to 20 minutes.
- ☐ While the asparagus steams, melt 1/2 cup butter in a large saucepan over medium-high heat; cook the onion and garlic in the butter until soft, about 5 minutes.
- ☐ Sprinkle in the flour and stir briskly for 1 minute.
- ☐ Add the chicken soup, milk, hot pepper sauce, salt, pepper, liquid smoke, and the steamed asparagus stalks; cook until heated through, 7 to 10 minutes.
- ☐ Pour about 3/4 of the soup into a blender in batches, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree until smooth and pour into a clean pot.
- ☐ Add the remaining 1/4 of the soup into the pureed soup; stir in the asparagus spears. Cook until thoroughly reheated, about 5 minutes.

Nutrition Facts



 PROTEIN **12.49%**  FAT **62.59%**  CARBS **24.92%**

Properties

Glycemic Index:54.5, Glycemic Load:9, Inflammation Score:-8, Nutrition Score:17.078260960786%

Flavonoids

Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.31mg, Quercetin: 14.31mg, Quercetin: 14.31mg, Quercetin: 14.31mg

Nutrients (% of daily need)

Calories: 367.89kcal (18.39%), Fat: 26.26g (40.41%), Saturated Fat: 15.18g (94.89%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 21.25g (7.73%), Sugar: 14.25g (15.83%), Cholesterol: 74.01mg (24.67%), Sodium: 2908.36mg (126.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.59%), Vitamin K: 37.33µg (35.56%), Calcium: 342.4mg (34.24%), Phosphorus: 318.55mg (31.86%), Vitamin A: 1538.44IU (30.77%), Vitamin B2: 0.5mg (29.4%), Vitamin B12: 1.35µg (22.5%), Vitamin B1: 0.29mg (19.56%), Manganese: 0.36mg (18.17%), Vitamin D: 2.68µg (17.89%), Potassium: 597.18mg (17.06%), Iron: 2.51mg (13.93%), Selenium: 9.09µg (12.98%), Vitamin B5: 1.29mg (12.95%), Vitamin B6: 0.26mg (12.88%), Folate: 51.46µg (12.87%), Copper: 0.24mg (12.05%), Magnesium: 46.97mg (11.74%), Vitamin E: 1.71mg (11.38%), Zinc: 1.66mg (11.07%), Fiber: 2.28g (9.1%), Vitamin C: 6.2mg (7.52%), Vitamin B3: 1.46mg (7.32%)