



 **57%**
HEALTH SCORE

Roasted Asparagus Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



81 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pounds asparagus ends trimmed
- 1 tablespoon cashew butter raw
- 2 cups vegetable stock
- 2 cloves garlic peeled
- 1 of lemon zest grated
- 0.5 small onion sliced
- 4 servings salt to taste
- 0.1 teaspoon pepper white

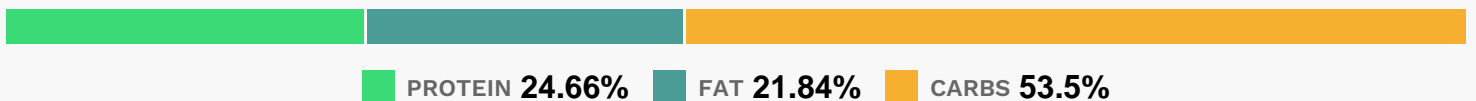
Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- blender
- kitchen towels

Directions

- Place the asparagus spears on a baking sheet lined with a silicone liner or parchment paper. Roast for 10 minutes. Turn asparagus and sprinkle the onion and garlic over it. Roast for about 10 more minutes, until asparagus is very tender. If anything looks like it's browning too much, take it out. (Important Note: These directions are for thicker asparagus. Thin asparagus may take much less time so start with 6 minutes, turn and add onions and garlic, and check again in 5.) While the asparagus is roasting, blend 1/2 cup of the broth with the cashews and pepper until smooth. Leave it in the blender. When the asparagus is done, select several of the best-looking spears, remove the tops, and set aside to use as garnish.
- Cut the remaining asparagus into pieces and put it and the onion and garlic into the blender, along with the remaining broth. Cover the blender and blend on high until perfectly smooth. If you're using a Vita-
- Mix, you can blend it on high for a few more minutes until piping hot (remove the center cup and cover with a kitchen towel to allow steam to escape). Otherwise, pour the soup into a saucepan and heat until hot, stirring frequently.
- Add salt, if needed, to taste.
- Pour into bowls and sprinkle with grated lemon or orange peel.
- Garnish each bowl with the reserved asparagus spears and serve hot.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:2.29, Inflammation Score:-9, Nutrition Score:18.603478473166%

Flavonoids

Isorhamnetin: 13.37mg, Isorhamnetin: 13.37mg, Isorhamnetin: 13.37mg, Isorhamnetin: 13.37mg Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 33.51mg, Quercetin: 33.51mg, Quercetin: 33.51mg, Quercetin: 33.51mg

Nutrients (% of daily need)

Calories: 81.49kcal (4.07%), Fat: 2.33g (3.58%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 7.77g (2.83%), Sugar: 5.66g (6.29%), Cholesterol: 0mg (0%), Sodium: 669.57mg (29.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.83%), Vitamin K: 94.41µg (89.91%), Vitamin A: 1965.29IU (39.31%), Folate: 122.49µg (30.62%), Iron: 5.12mg (28.43%), Copper: 0.53mg (26.39%), Vitamin B1: 0.34mg (22.96%), Manganese: 0.43mg (21.58%), Fiber: 5.07g (20.27%), Vitamin B2: 0.33mg (19.52%), Vitamin C: 14.15mg (17.15%), Vitamin E: 2.57mg (17.11%), Potassium: 499.93mg (14.28%), Phosphorus: 141.76mg (14.18%), Vitamin B6: 0.25mg (12.32%), Vitamin B3: 2.31mg (11.53%), Magnesium: 43.74mg (10.94%), Zinc: 1.47mg (9.81%), Selenium: 5.95µg (8.5%), Vitamin B5: 0.69mg (6.91%), Calcium: 61.55mg (6.16%)