



 100%
HEALTH SCORE

Roasted Asparagus Soup with Spring Herb Gremolata

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 pounds asparagus trimmed cut into 2-inch pieces (14 to 15 cups)
- 1 tablespoon tarragon fresh minced
- 1 small garlic clove minced
- 4 cups leek white green chopped (and pale parts only; 4 large)
- 6 cups chicken broth ()
- 0.3 cup olive oil
- 2 tablespoons parsley fresh italian minced

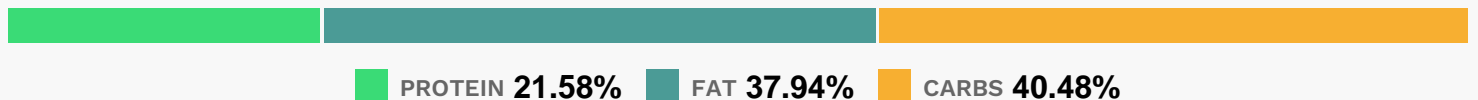
Equipment

- bowl
- baking sheet
- ladle
- oven
- pot
- blender

Directions

- Preheat oven to 425°F.
- Combine asparagus, leeks, and oil in very large bowl; toss to blend. Divide between 2 large rimmed baking sheets.
- Sprinkle with salt and pepper. Roast vegetables until asparagus pieces are soft and leeks are golden, stirring occasionally, about 45 minutes; cool on sheets.
- Spoon 1/3 of vegetables into blender; add 2 cups broth. Blend until smooth.
- Transfer to large pot. Repeat 2 more times, using half of remaining vegetables and 2 cups broth for each batch. Warm soup over medium heat, thinning with more broth by 1/2 cupfuls, if desired. Season with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cool slightly. Cover; chill. Rewarm before continuing.
- Mix parsley, lemon peel, tarragon, and garlic in small bowl for gremolata.
- Ladle soup into bowls.
- Sprinkle with gremolata and serve.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:3.69, Inflammation Score:-10, Nutrition Score:26.773478186649%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 16.16mg, Isorhamnetin: 16.16mg, Isorhamnetin: 16.16mg, Isorhamnetin: 16.16mg Kaempferol: 5.14mg, Kaempferol: 5.14mg, Kaempferol: 5.14mg, Kaempferol: 5.14mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 39.68mg, Quercetin: 39.68mg, Quercetin: 39.68mg, Quercetin: 39.68mg

Nutrients (% of daily need)

Calories: 175.33kcal (8.77%), Fat: 8.36g (12.86%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 13.21g (4.8%), Sugar: 7.31g (8.12%), Cholesterol: 0mg (0%), Sodium: 68.97mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.39%), Vitamin K: 159.32µg (151.73%), Vitamin A: 3006.06IU (60.12%), Folate: 179.83µg (44.96%), Iron: 7.76mg (43.12%), Manganese: 0.74mg (36.98%), Copper: 0.69mg (34.4%), Vitamin E: 4.59mg (30.62%), Vitamin B1: 0.44mg (29.06%), Vitamin B2: 0.48mg (28.19%), Vitamin C: 23.1mg (28%), Fiber: 6.86g (27.44%), Vitamin B3: 5.47mg (27.35%), Potassium: 838.52mg (23.96%), Phosphorus: 219.99mg (22%), Vitamin B6: 0.41mg (20.3%), Magnesium: 57.55mg (14.39%), Zinc: 1.81mg (12.07%), Calcium: 113.47mg (11.35%), Selenium: 7.06µg (10.08%), Vitamin B5: 0.85mg (8.45%), Vitamin B12: 0.18µg (2.95%)