



Roasted Asparagus Soup with Spring Herb Gremolata



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



176 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 leeks white green chopped (and pale parts only; 4 large)
- ☐ 4 teaspoons lemon zest finely grated
- ☐ 6 cups low-salt chicken broth ()
- ☐ 0.3 cup olive oil

☐ 2 tablespoons parsley fresh italian minced

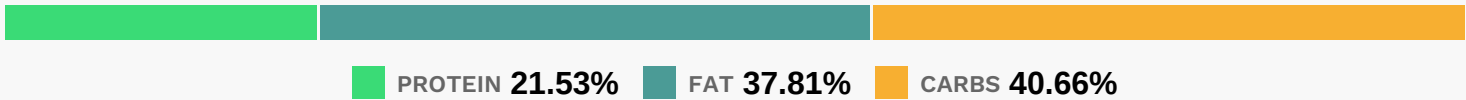
Equipment

- ☐ 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:26.886956556984%

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: 175.8kcal (8.79%), Fat: 8.36g (12.86%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 13.26g (4.82%), Sugar: 7.35g (8.17%), Cholesterol: 0mg (0%), Sodium: 69.03mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.42%), Vitamin K: 159.32µg (151.73%), Vitamin A: 3006.56IU (60.13%), Folate: 179.96µg (44.99%), Iron: 7.77mg (43.17%), Manganese: 0.74mg (36.98%), Copper: 0.69mg (34.45%), Vitamin E: 4.6mg (30.63%), Vitamin C: 24.39mg (29.56%), Vitamin B1: 0.44mg (29.1%), Vitamin B2: 0.48mg (28.24%), Fiber: 6.97g (27.86%), Vitamin B3: 5.47mg (27.37%), Potassium: 840.12mg (24%), Phosphorus: 220.1mg (22.01%), Vitamin B6: 0.41mg (20.39%), Magnesium: 57.7mg (14.42%), Zinc: 1.81mg (12.09%), Calcium: 114.81mg (11.48%), Selenium: 7.07µg (10.09%), Vitamin B5: 0.85mg (8.49%), Vitamin B12: 0.18µg (2.95%)