



WHATSheATE



Spicy Cream of Asparagus Soup



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



141 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus spears fresh trimmed halved
- ☐ 1 tablespoon butter
- ☐ 24 fluid ounces chicken broth
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.3 cup heavy cream
- ☐ 1 large idaho potato diced peeled
- ☐ 1 jalapeno minced seeded
- ☐ 1 onion chopped

☐ 1 dash pepper sauce hot to taste tabasco® (such as)

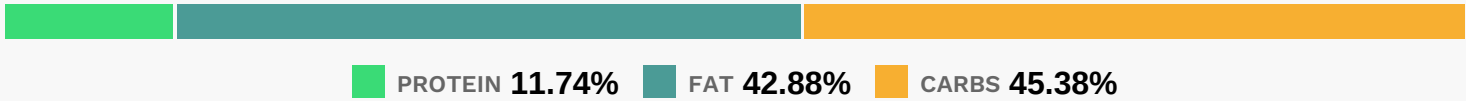
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ kitchen towels

Directions

- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Cook and stir onion in butter until translucent, about 5 minutes.
- ☐ Pour chicken broth over onions and bring to a boil.
- ☐ Stir in asparagus and potato; cover and cook until asparagus spears are tender, about 8 minutes.
- ☐ Mix in jalapeno pepper.
- ☐ Pour the soup into a blender, 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 in batches until smooth and pour into a clean pot.
- ☐ Stir in heavy cream.
- ☐ Season with salt, black pepper and hot sauce.

Nutrition Facts



Properties

Glycemic Index:42.96, Glycemic Load:9.59, Inflammation Score:-7, Nutrition Score:10.328260885633%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.41mg,

Quercetin: 14.41mg, Quercetin: 14.41mg, Quercetin: 14.41mg

Nutrients (% of daily need)

Calories: 140.75kcal (7.04%), Fat: 7.08g (10.9%), Saturated Fat: 4.31g (26.96%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 14.08g (5.12%), Sugar: 3.57g (3.97%), Cholesterol: 22.32mg (7.44%), Sodium: 463.24mg (20.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.73%), Vitamin K: 33.81µg (32.2%), Vitamin A: 853.28IU (17.07%), Vitamin B6: 0.32mg (15.89%), Manganese: 0.31mg (15.46%), Vitamin C: 11.95mg (14.49%), Potassium: 477.48mg (13.64%), Vitamin B2: 0.23mg (13.48%), Folate: 52.65µg (13.16%), Vitamin B1: 0.2mg (13.04%), Iron: 2.3mg (12.76%), Copper: 0.23mg (11.75%), Fiber: 2.79g (11.16%), Phosphorus: 92.18mg (9.22%), Vitamin B3: 1.7mg (8.48%), Vitamin E: 1.17mg (7.81%), Magnesium: 29.24mg (7.31%), Zinc: 0.74mg (4.93%), Vitamin B5: 0.47mg (4.71%), Calcium: 45.1mg (4.51%), Selenium: 2.98µg (4.26%), Vitamin D: 0.21µg (1.41%)