



## (Web Exclusive) Round 2 : Cream of Asparagus Soup

READY IN



17 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bunch asparagus tips fresh for another use
- 2 slices bacon chopped
- 1 teaspoon balsamic vinegar
- 0.3 pepper black freshly ground plus more for seasoning
- 14.5 ounce canned tomatoes diced divided drained well canned
- 2 tablespoons canola oil
- 1 can condensed cream of potato soup
- 2 eggs lightly beaten

- 1.5 teaspoons basil leaves fresh chopped
- 1 tablespoon parsley leaves fresh chopped
- 0.3 cup milk
- 2 cups milk
- 1 medium onion chopped
- 1 9-inch pie crust frozen
- 0.5 cup ricotta cheese
- 0.5 teaspoon salt plus more for seasoning
- 4 servings salt and pepper
- 2 tablespoons cup heavy whipping cream sour
- 0.5 cup onion yellow chopped

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk
- pot
- sieve
- blender
- immersion blender

## Directions

- Watch how to make this recipe.
- Add the oil to a medium pot and heat over medium heat.
- Add onions and asparagus stems and saute for 5 minutes. Stir in the milk and parsley and bring to a boil. Reduce heat to low and let simmer for 5 more minutes. Carefully pour into a

blender and puree, or puree using a hand blender.

- Pour back into pot through a fine mesh strainer and return the pot to medium heat.
- Whisk in the potato soup and the sour cream, and season with salt and pepper. Bring to a simmer, then remove from the heat and serve.
- Preheat oven to 375 degrees F.
- Place the frozen pie crust onto a baking sheet. Prick the bottom of the crust with a fork and bake for 10 minutes.
- Saute the bacon in a skillet over medium heat until crisp.
- Remove bacon and drain on a paper towel.
- Add onion and asparagus tips to the skillet with the bacon fat and saute until tender, approximately 5 minutes.
- In a large bowl whisk together ricotta, milk and eggs.
- Add parsley, half the tomatoes and season with salt and pepper.
- Add asparagus and onion mixture and combine well.
- Pour egg mixture into the prepared crust.
- Bake in the preheated oven for 40 to 45 minutes or until filling has set and the tart is lightly browned on top.
- Remove from the oven and let cool for 5 minutes.
- Serve warm or at room temperature.
- In a small bowl, toss the remaining tomatoes with the basil, balsamic vinegar and season with a pinch of salt and pepper.
- Serve as garnish for tart.

## Nutrition Facts



**PROTEIN 13.02%** **FAT 52.47%** **CARBS 34.51%**

## Properties

Glycemic Index:104, Glycemic Load:6.55, Inflammation Score:-9, Nutrition Score:30.938695285631%

## 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: 8.79mg, Isorhamnetin: 8.79mg, Isorhamnetin: 8.79mg, Isorhamnetin: 8.79mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 25.37mg, Quercetin: 25.37mg, Quercetin: 25.37mg, Quercetin: 25.37mg

## Nutrients (% of daily need)

Calories: 638.51kcal (31.93%), Fat: 38.01g (58.48%), Saturated Fat: 13.33g (83.34%), Carbohydrates: 56.24g (18.75%), Net Carbohydrates: 49.25g (17.91%), Sugar: 17.13g (19.04%), Cholesterol: 128.73mg (42.91%), Sodium: 1184.54mg (51.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.44%), Vitamin K: 83.31µg (79.35%), Manganese: 0.94mg (46.76%), Phosphorus: 422.78mg (42.28%), Vitamin B2: 0.71mg (41.52%), Vitamin B1: 0.54mg (36.13%), Calcium: 358.5mg (35.85%), Iron: 6.29mg (34.95%), Vitamin A: 1742.33IU (34.85%), Selenium: 24.06µg (34.38%), Folate: 134.85µg (33.71%), Copper: 0.65mg (32.27%), Vitamin E: 4.6mg (30.66%), Potassium: 1043.07mg (29.8%), Fiber: 6.99g (27.96%), Vitamin B6: 0.54mg (26.76%), Vitamin C: 20.67mg (25.06%), Vitamin B5: 2.4mg (23.96%), Vitamin B3: 4.77mg (23.86%), Zinc: 2.96mg (19.72%), Magnesium: 76.21mg (19.05%), Vitamin B12: 1.14µg (19.01%), Vitamin D: 2.06µg (13.7%)