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Asparagus Purée Soup ♦

A creamy and flavorful soup made with fresh asparagus. This soup is perfect for vegetarians and can be enjoyed as a starter or a light meal.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	asparagus
4 c	vegetable broth
1 medium	onion
2 clove	garlic
2 tbsp	olive oil

1 salt
teaspoon

1 black pepper
teaspoon

1 c heavy cream

Directions

Step 1

Cutting

Trim the woody ends of the asparagus and cut them into small pieces.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cutting

Chop the onion and garlic cloves.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

Heat olive oil in a large pot over medium heat. Add the chopped onion and garlic and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Sautéing

Add the asparagus pieces to the pot and cook for 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Boiling

Pour in the vegetable broth and bring to a boil. Reduce heat and simmer for 10 minutes, or until the asparagus is tender.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Blending

Use an immersion blender or transfer the soup to a blender and blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Stirring

Return the soup to the pot and stir in the heavy cream. Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 5 mins

Step 8

Simmering

Simmer the soup for 5 minutes to heat through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Serving

Serve the soup hot and garnish with additional black pepper, if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 15 g

Protein: 4 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	30 iu	3.33%	4.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Birthday Valentine's Day Baby Shower Back to School

Cuisines

Italian Chinese Thai Spanish American

Nutritional Content

High Protein Low Fat Low Carb Low Sodium High Vitamin C High Calcium

Kitchen Tools

Blender

Course

Main Dishes

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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