

Cream of Asparagus Soup

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/cream-of-asparagus-soup-indian-recipe>

Ingredients:

- 1 1/2 tablespoons unsalted butter
- 1/2 cup leeks cleaned and chopped
- 1 1/2 tablespoons all purpose flour
- 3 cloves garlic minced, about 1 tablespoons
- 1/3 cup dry white wine
- 4 cups chicken broth
- 1 1/2 pounds asparagus trimmed green, cut into 1 inch pieces
- 1 bay leaf
- 1/2 cup crème fraîche or heavy cream
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 dash nutmeg
- 1/2 teaspoon fresh lemon juice to taste
- Parmesan fresh, for serving, if desired

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 30 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 11 grams
7. SaturatedFat: 7 grams
8. Sodium: 750 milligrams
9. Sugar: 5 grams

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