

Hazelnut Asparagus Soup

Cindy Beberman - Orland Park, IL
Taste of Home Magazine

Servings: 4

Yield: 3 cups

1 tablespoon olive oil
1/2 cup sweet onion, chopped
3 cloves garlic, sliced
dash crushed red pepper flakes
2 1/2 cups (1-1/4 pounds)
asparagus, chopped
2 cups vegetable broth
1/3 cup whole hazelnuts, toasted
2 tablespoons fresh basil, chopped
2 tablespoons lemon juice
1/2 cup unsweetened almond milk
2 teaspoons gluten-free reduced-
sodium tamari soy sauce
1/4 teaspoon salt
shaved asparagus (optional)

Preparation Time: 20 minutes

Cook Time: 15 minutes

in a saucepan, heat the oil over medium heat. Add the onion, garlic and pepper flakes. Cook and stir until softened, 5 minutes.

Add the asparagus and broth. Bring to a boil. Reduce the heat. Simmer, uncovered, until the asparagus is tender, 6 to 8 minutes. Remove from the heat. Cool slightly.

Place the nuts, basil and lemon juice in a blender. Add the asparagus mixture. Process until smooth and creamy. Return to the saucepan.

Stir in the almond milk, soy sauce and salt. Heat through, taking care not to boil the soup.

If desired, top with shaved asparagus.

Per Serving (excluding unknown items): 127 Calories; 5g Fat (37.1% calories from fat); 4g Protein; 17g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 948mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	127	Vitamin B6 (mg):	.1mg
% Calories from Fat:	37.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	51.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	11.2%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 5g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 1mg
Carbohydrate (g): 17g
Dietary Fiber (g): 2g
Protein (g): 4g
Sodium (mg): 948mg
Potassium (mg): 276mg
Calcium (mg): 31mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 2211IU
Vitamin A (r.e.): 221 1/2RE

Folacin (mcg): 29mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 1
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 127 **Calories from Fat:** 47

% Daily Values*

Total Fat	5g	8%
Saturated Fat	1g	4%
Cholesterol	1mg	0%
Sodium	948mg	39%
Total Carbohydrates	17g	6%
Dietary Fiber	2g	9%
Protein	4g	
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Vitamin A		44%
Vitamin C		16%
Calcium		3%
Iron		7%

* Percent Daily Values are based on a 2000 calorie diet.