

# Hazelnut Asparagus Soup

Cindy Beberman - Orland Park, IL  
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**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.

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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  
**% Daily Value\***

## 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\*

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

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