



Avocado and Crab Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocado
- ☐ 1 celery stalks diced
- ☐ 0.5 tablespoon chervil chopped
- ☐ 2 tablespoons crème fraîche
- ☐ 0.8 teaspoons kosher salt
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 cup lump crab meat

☐ 1 cup vegetable stock

Equipment

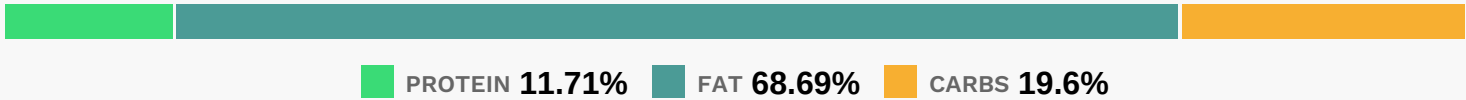
☐ bowl

☐ blender

Directions

- ☐ Mix crabmeat, celery, chervil and lemon zest in a bowl. Cover and chill crab salad.
- ☐ Halve and pit avocados; scoop flesh into a blender.
- ☐ Add vegetable stock, crème fraîche, lime juice, kosher salt, and 1 1/4 cups water. Purée until smooth. Season soup to taste with salt and pepper; chill.
- ☐ Divide soup among 4 bowls. Spoon crab salad into center of each bowl.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:12.827391230542%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 196.05kcal (9.8%), Fat: 16.09g (24.76%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 3.45g (1.25%), Sugar: 1.46g (1.63%), Cholesterol: 12.36mg (4.12%), Sodium: 856.91mg (37.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.34%), Vitamin B12: 1.9µg (31.71%), Fiber: 6.89g (27.55%), Folate: 93.52µg (23.38%), Vitamin K: 21.51µg (20.49%), Copper: 0.39mg (19.53%), Vitamin C: 13.69mg (16.59%), Potassium: 575.27mg (16.44%), Vitamin B6: 0.3mg (15.05%), Vitamin B5: 1.5mg (14.98%), Vitamin E: 2.12mg (14.1%),

Zinc: 1.97mg (13.16%), Selenium: 8.46µg (12.09%), Phosphorus: 106.45mg (10.64%), Magnesium: 41.34mg (10.34%),
Vitamin B3: 2.03mg (10.15%), Vitamin B2: 0.16mg (9.15%), Manganese: 0.17mg (8.33%), Vitamin A: 357.46IU (7.15%),
Vitamin B1: 0.08mg (5.43%), Iron: 0.89mg (4.96%), Calcium: 38.06mg (3.81%)