



Avocado Corn Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



165 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 avocados ripe
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup cilantro leaves finely chopped
- ☐ 1.5 cups regular corn fresh
- ☐ 1 teaspoon garlic chopped
- ☐ 1 jalapeño seeds removed, coarsely chopped
- ☐ 0.5 cup juice of lime
- ☐ 1 bell pepper red coarsely chopped

- ☐ 1 teaspoon salt
- ☐ 5 cups water ice cold
- ☐ 1 small onion yellow coarsely chopped
- ☐ 1 baby squash yellow coarsely chopped
- ☐ 1 zucchini coarsely chopped

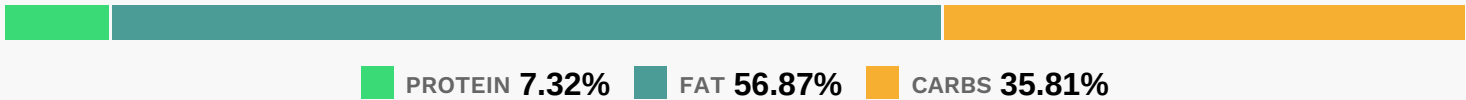
Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the zucchini, yellow onion, bell pepper, onion, serrano and garlic in bowl of food processor and pulse briefly. The pieces should be small but not minced or soupy.
- ☐ Transfer the vegetable mixture to a large bowl. Halve and pit the avocados. Put 1/2 an avocado in the food processor and pulse to puree. Dice the remaining 1 1/2 avocados. To the bowl of vegetables, add the avocado puree, diced avocado, fresh corn, tomatoes, cilantro, lime juice, cold water, and salt and pepper.
- ☐ Mix gently with a large spoon. Taste and adjust the salt and pepper, to taste. Cover and refrigerate until ice cold. Ladle into soup bowls and serve.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.26, Inflammation Score:-7, Nutrition Score:13.046956518422%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.33mg, Eriodictyol:

0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 165.06kcal (8.25%), Fat: 11.65g (17.93%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 9.74g (3.54%), Sugar: 4.69g (5.21%), Cholesterol: 0mg (0%), Sodium: 311.6mg (13.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Vitamin C: 44.53mg (53.98%), Fiber: 6.77g (27.08%), Folate: 96.41µg (24.1%), Vitamin K: 21.36µg (20.34%), Vitamin B6: 0.39mg (19.28%), Potassium: 641.67mg (18.33%), Vitamin A: 797.61IU (15.95%), Manganese: 0.31mg (15.58%), Vitamin B5: 1.42mg (14.21%), Vitamin E: 1.99mg (13.27%), Magnesium: 46.81mg (11.7%), Vitamin B2: 0.19mg (11.25%), Copper: 0.22mg (11.2%), Vitamin B3: 2.24mg (11.18%), Phosphorus: 92.28mg (9.23%), Vitamin B1: 0.13mg (8.9%), Zinc: 0.85mg (5.66%), Iron: 0.88mg (4.88%), Calcium: 29.41mg (2.94%), Selenium: 0.72µg (1.02%)