






 **22%**
HEALTH SCORE

Avocado, Corn, Tomato and Tortilla Soup

 **Gluten Free**  **Dairy Free**

READY IN

45 min.

SERVINGS

2

CALORIES

517 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 1 medium avocado ripe peeled sliced
- 2 servings pepper black freshly-ground to taste
- 4 cups chicken stock see
- 2 tablespoons cilantro leaves whole
- 0.5 cup corn kernels frozen
- 1 juice of lime juiced
- 0.5 small onion red minced peeled
- 2 roma tomatoes cored

- 2 servings salt to taste
- 0.5 cup chicken shredded cooked
- 10 tortilla chips

Equipment

- bowl
- sauce pan
- ladle

Directions

- Put chicken stock in small saucepan and bring to a simmer over medium heat. Season with salt and pepper to taste. Stir in corn and onion and cook 1 minute. Stir in chicken shreds and bring back to boil.
- Add lime juice and remove from heat. Divide avocado, tomato and cilantro between 2 soup bowls. Ladle stock over, dividing solids equally.
- Garnish with tortilla chips and enjoy.

Nutrition Facts



■ PROTEIN **19.31%**
■ FAT **44.85%**
■ CARBS **35.84%**

Properties

Glycemic Index:84.5, Glycemic Load:1.95, Inflammation Score:-8, Nutrition Score:24.59347826087%

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: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Taste

Sweetness: 59.26%, Saltiness: 68.09%, Sourness: 41.92%, Bitterness: 17.71%, Savoriness: 45.72%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 516.57kcal (25.83%), Fat: 26.63g (40.96%), Saturated Fat: 4.87g (30.43%), Carbohydrates: 47.87g (15.96%), Net Carbohydrates: 38.2g (13.89%), Sugar: 13.24g (14.71%), Cholesterol: 40.65mg (13.55%), Sodium: 1051.43mg (45.71%), Protein: 25.79g (51.59%), Vitamin B3: 13.05mg (65.27%), Vitamin B6: 0.83mg (41.29%), Potassium: 1361.09mg (38.89%), Vitamin B2: 0.66mg (38.79%), Fiber: 9.67g (38.69%), Folate: 140.42µg (35.1%), Phosphorus: 326.98mg (32.7%), Vitamin C: 26.8mg (32.49%), Vitamin K: 31.7µg (30.19%), Selenium: 20.64µg (29.48%), Copper: 0.55mg (27.6%), Vitamin B1: 0.33mg (22.19%), Vitamin B5: 2.17mg (21.71%), Vitamin E: 3.18mg (21.17%), Magnesium: 84.68mg (21.17%), Manganese: 0.32mg (15.96%), Zinc: 2.35mg (15.69%), Vitamin A: 746.43IU (14.93%), Iron: 2.58mg (14.33%), Calcium: 63.25mg (6.32%), Vitamin B12: 0.1µg (1.69%)