



Avocado-Crab Soup

 **Gluten Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.3 cups chicken broth reduced-sodium (from 32-oz carton)
- 1 spring onion cut into 1-inch pieces
- 1 small garlic clove
- 1 tablespoon juice of lemon
- 2 medium avocado peeled
- 1 cup yogurt plain fat free yoplait® (from 2-lb container)
- 6 oz crab meat frozen thawed drained

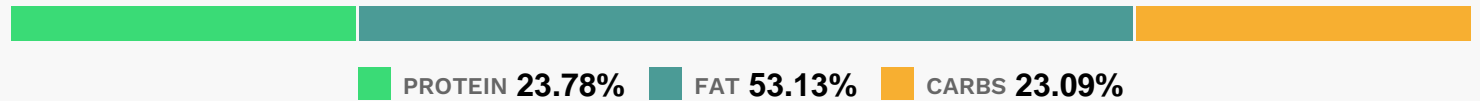
Equipment

- food processor
- sauce pan
- blender

Directions

- Heat broth, water, onion and garlic to boiling in 2-quart saucepan.
- Pour hot mixture into food processor or blender.
- Add lemon juice and avocados. Cover and process about 30 seconds or until smooth.
- Pour blended mixture back into saucepan. Stir in yogurt and crabmeat.
- Heat, stirring constantly, just until hot.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:20.147391443667%

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: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 254.96kcal (12.75%), Fat: 15.95g (24.54%), Saturated Fat: 2.49g (15.57%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 8.76g (3.18%), Sugar: 5.71g (6.35%), Cholesterol: 19.09mg (6.36%), Sodium: 450.17mg (19.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.07g (32.14%), Vitamin B12: 4.33µg (72.23%), Copper: 0.67mg (33.26%), Phosphorus: 283.93mg (28.39%), Folate: 110.16µg (27.54%), Fiber: 6.84g (27.35%), Zinc: 3.92mg (26.15%), Vitamin K: 27.45µg (26.14%), Selenium: 18.21µg (26.02%), Potassium: 859.68mg (24.56%), Vitamin B3: 4.14mg (20.68%), Vitamin B2: 0.34mg (19.76%), Vitamin B5: 1.95mg (19.49%), Vitamin C: 15.83mg (19.18%), Vitamin B6: 0.38mg (19.03%), Calcium: 162.56mg (16.26%), Magnesium: 63.96mg (15.99%), Vitamin E: 2.1mg (14.02%),

Manganese: 0.18mg (8.92%), Vitamin B1: 0.12mg (7.94%), Iron: 1.2mg (6.65%), Vitamin A: 191.43IU (3.83%)