



Avocado Soup

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



204 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 avocados peeled quartered
- 14.5 ounce chicken broth canned
- 1 teaspoon hot sauce green
- 15 servings garnish: green onions thinly sliced
- 1.5 cups half-and-half
- 3 tablespoons juice of lime
- 0.3 cup johannisberg riesling
- 1 teaspoon salt

8 ounce cup heavy whipping cream sour

Equipment

food processor

bowl

blender

plastic wrap

Directions

Process avocados and next 3 ingredients in a blender or food processor until smooth, stopping to scrape down sides.

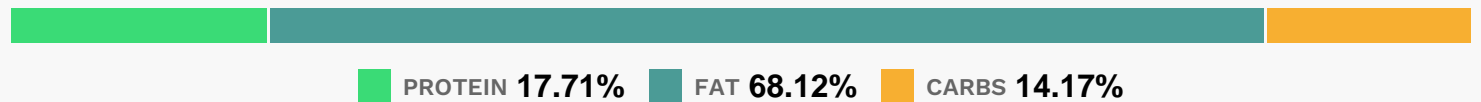
Pour mixture into a large bowl; stir in half-and-half and next 3 ingredients until smooth.

Place plastic wrap directly over soup; chill 1 hour.

Garnish before serving, if desired.

*Off-dry white wines such as Gewrztraminer or Chenin Blanc may be substituted.

Nutrition Facts



Properties

Glycemic Index:4.8, Glycemic Load:0.48, Inflammation Score:-4, Nutrition Score:8.2891304156055%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 204kcal (10.2%), Fat: 15.83g (24.35%), Saturated Fat: 4.99g (31.8%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 3.65g (1.33%), Sugar: 2.06g (2.29%), Cholesterol: 31.09mg (10.36%), Sodium: 318.39mg (13.84%),

Alcohol: 0.38g (100%), Alcohol %: 0.36% (100%), Protein: 9.26g (18.52%), Vitamin K: 24.87µg (23.69%), Fiber: 3.76g (15.04%), Folate: 49.75µg (12.44%), Phosphorus: 106.95mg (10.7%), Vitamin B6: 0.21mg (10.67%), Potassium: 373.22mg (10.66%), Vitamin B2: 0.17mg (10.29%), Vitamin C: 7.94mg (9.63%), Selenium: 6.63µg (9.47%), Vitamin E: 1.36mg (9.03%), Vitamin B5: 0.87mg (8.74%), Vitamin B3: 1.67mg (8.34%), Zinc: 1.2mg (7.99%), Vitamin A: 368.38IU (7.37%), Magnesium: 26.14mg (6.54%), Copper: 0.13mg (6.32%), Vitamin B12: 0.35µg (5.86%), Calcium: 56.29mg (5.63%), Manganese: 0.09mg (4.43%), Iron: 0.77mg (4.27%), Vitamin B1: 0.05mg (3.36%)