



# Avocado Soup

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



445 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 avocado diced pitted peeled
- 2 cups chicken stock see
- 0.3 teaspoon nutmeg
- 1 cup cup heavy whipping cream
- 1 tablespoon olive oil
- 4 servings salt and pepper to taste
- 1 tablespoon shallots chopped
- 1 tomatoes diced peeled seeded

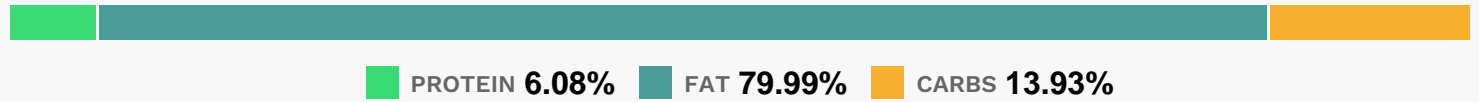
## Equipment

- food processor
- bowl
- whisk
- blender

## Directions

- Puree avocado in a blender or food processor until smooth.
- Sautee chopped shallots in olive oil until tender but not brown; set aside to cool.
- In a large bowl, whisk together avocado with chicken stock, heavy cream and shallots until smooth. Stir in salt, pepper and nutmeg; adjust seasonings to taste.
- Chill for at least half an hour before serving.
- Garnish with diced tomato.

## Nutrition Facts



## Properties

Glycemic Index:44.5, Glycemic Load:1.18, Inflammation Score:-8, Nutrition Score:14.395217351291%

## 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 Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 445.23kcal (22.26%), Fat: 41.3g (63.54%), Saturated Fat: 16.74g (104.6%), Carbohydrates: 16.18g (5.39%), Net Carbohydrates: 8.97g (3.26%), Sugar: 5.34g (5.93%), Cholesterol: 70.83mg (23.61%), Sodium: 390.42mg (16.97%), Alcohol: Og (100%), Protein: 7.06g (14.13%), Fiber: 7.21g (28.83%), Vitamin K: 27.81µg (26.48%), Vitamin A: 1281.35IU (25.63%), Folate: 95.34µg (23.84%), Vitamin E: 3.33mg (22.23%), Potassium: 751.69mg (21.48%), Vitamin

B2: 0.35mg (20.64%), Vitamin B3: 3.87mg (19.36%), Vitamin B6: 0.39mg (19.29%), Vitamin C: 15.06mg (18.26%),  
Vitamin B5: 1.58mg (15.82%), Copper: 0.28mg (14.2%), Phosphorus: 128.32mg (12.83%), Magnesium: 42.25mg  
(10.56%), Manganese: 0.19mg (9.49%), Vitamin B1: 0.13mg (8.97%), Selenium: 4.86µg (6.94%), Zinc: 1.02mg (6.8%),  
Vitamin D: 0.95µg (6.35%), Calcium: 59.31mg (5.93%), Iron: 1mg (5.57%), Vitamin B12: 0.1µg (1.59%)