



Avocado Soup with Citrus-Shrimp Relish

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups avocado chopped (2)
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup navy beans canned rinsed drained
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 small jalapeno seeded chopped

- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 teaspoon pepper sauce hot (such as Tabasco)
- ☐ 1 ounce queso fresco cheese crumbled
- ☐ 1 teaspoon onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces shrimp deveined steamed peeled coarsely chopped
- ☐ 1 cup water

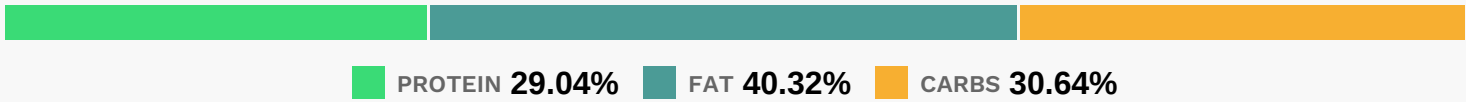
Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ To prepare relish, combine first 5 ingredients in a small bowl, tossing gently.
- ☐ To prepare soup, combine broth and next 9 ingredients (through jalapeo) in a blender; puree until smooth, scraping sides. Ladle 1 1/4 cups avocado mixture into each of 4 bowls; top each serving with 1/4 cup shrimp mixture and 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:0.55, Inflammation Score:-5, Nutrition Score:15.876521701398%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin:

0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 282.01kcal (14.1%), Fat: 13.19g (20.29%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 14.6g (5.31%), Sugar: 3.64g (4.04%), Cholesterol: 96.79mg (32.26%), Sodium: 1061.78mg (46.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.37g (42.75%), Phosphorus: 332.97mg (33.3%), Fiber: 7.95g (31.81%), Copper: 0.53mg (26.3%), Folate: 101.46µg (25.37%), Potassium: 797mg (22.77%), Magnesium: 80.18mg (20.04%), Manganese: 0.39mg (19.73%), Calcium: 184.67mg (18.47%), Vitamin C: 14.55mg (17.63%), Vitamin K: 17.9µg (17.04%), Zinc: 2.21mg (14.7%), Vitamin B6: 0.29mg (14.67%), Vitamin E: 2.18mg (14.54%), Vitamin B5: 1.41mg (14.06%), Vitamin B2: 0.23mg (13.75%), Selenium: 9.06µg (12.95%), Iron: 2.11mg (11.72%), Vitamin B1: 0.17mg (11.04%), Vitamin B3: 2.19mg (10.95%), Vitamin B12: 0.53µg (8.88%), Vitamin A: 207.99IU (4.16%), Vitamin D: 0.19µg (1.28%)