



Avocado Soup With Marinated Shrimp

 **Gluten Free**

READY IN



15 min.

SERVINGS



15

CALORIES



94 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 large avocados cut into chunks
- 0.5 cup buttermilk
- 15 servings garnish: chives fresh chopped
- 0.3 teaspoon ground pepper red
- 4 tablespoons juice of lemon fresh divided
- 1 teaspoon lemon zest
- 1 tablespoon olive oil
- 1 teaspoon salt divided

- 0.5 pound shrimp cooked peeled
- 28 oz vegetable broth canned

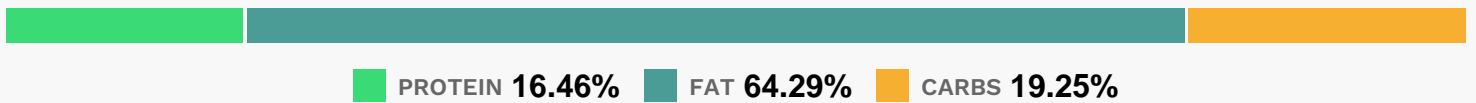
Equipment

- bowl
- ladle
- blender
- plastic wrap

Directions

- Process first 3 ingredients and 1/4 tsp. salt in a blender until smooth, stopping to scrape down sides.
- Transfer avocado mixture to a bowl; stir in buttermilk, 3 Tbsp. lemon juice, and, if desired, wine until smooth.
- Place plastic wrap directly on soup, and chill at least 1 hour or up to 4 hours.
- During last 15 minutes of chill time for avocado mixture, combine shrimp, olive oil, lemon zest, and remaining 1 Tbsp. lemon juice and 3/4 tsp. salt, and let stand 15 minutes.
- Ladle soup into small bowls, and top each with shrimp.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.87, Glycemic Load:0.73, Inflammation Score:-3, Nutrition Score:4.7317391426667%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.07mg

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 94.38kcal (4.72%), Fat: 7.21g (11.09%), Saturated Fat: 1.16g (7.23%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 2.1g (0.76%), Sugar: 1.23g (1.37%), Cholesterol: 25.22mg (8.41%), Sodium: 396.02mg (17.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.31%), Fiber: 2.75g (11.01%), Vitamin K: 11.18µg (10.65%), Folate: 34.86µg (8.72%), Vitamin C: 6.35mg (7.69%), Potassium: 253.69mg (7.25%), Copper: 0.14mg (7%), Vitamin E: 0.99mg (6.6%), Phosphorus: 61.07mg (6.11%), Vitamin B5: 0.6mg (5.98%), Vitamin B6: 0.11mg (5.52%), Vitamin A: 242.32IU (4.85%), Magnesium: 18.48mg (4.62%), Vitamin B2: 0.07mg (4.01%), Vitamin B3: 0.72mg (3.6%), Manganese: 0.07mg (3.38%), Zinc: 0.5mg (3.33%), Calcium: 25.19mg (2.52%), Vitamin B1: 0.03mg (2.17%), Iron: 0.33mg (1.84%)