



Avocado Soup with Spicy Shrimp Salsa

 Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



241 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocados ripe peeled seeded
- ☐ 0.3 cup cilantro leaves fresh divided chopped
- ☐ 1 jalapeno divided seeded chopped
- ☐ 0.3 cup juice of lime fresh divided 2 limes
- ☐ 0.5 cup heavy whipping cream sour reduced-fat
- ☐ 1 cup plum tomatoes divided seeded chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 0.5 cup shrimp cooked chopped

☐ 2 cups water cold

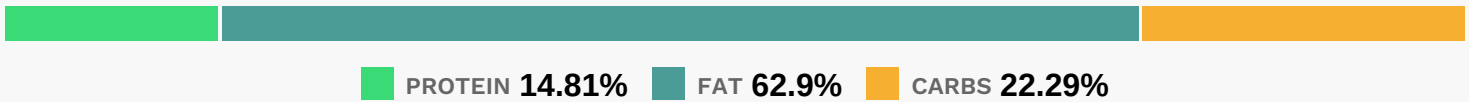
Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ Combine 1/2 cup tomato, shrimp, 1 tablespoon each of cilantro and lime juice, 1 teaspoon jalapeo, and 1/4 teaspoon salt in a medium bowl. Cover and chill 30 minutes.
- ☐ Meanwhile, combine avocado, water, 2 tablespoons cilantro, and remaining lime juice and jalapeo in a blender; process until smooth.
- ☐ Add sour cream and remaining 1/2 teaspoon salt; process until well blended.
- ☐ Pour soup into a large bowl; stir in remaining 1/2 cup tomato. Cover and chill 30 minutes. Ladle soup evenly into 4 bowls; spoon 1/4 cup salsa into center of each serving.
- ☐ Sprinkle each serving evenly with remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:13.885652106741%

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: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 240.71kcal (12.04%), Fat: 18.12g (27.88%), Saturated Fat: 4.09g (25.56%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 6.82g (2.48%), Sugar: 2.69g (2.99%), Cholesterol: 57.68mg (19.23%), Sodium: 511.86mg (22.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.2%), Vitamin C: 27.37mg (33.18%), Fiber: 7.63g (30.52%), Vitamin K: 29.76µg (28.34%), Folate: 96.52µg (24.13%), Potassium: 798.3mg (22.81%), Copper: 0.37mg (18.66%), Vitamin E: 2.67mg (17.8%), Vitamin A: 846.5IU (16.93%), Vitamin B6: 0.33mg (16.66%), Phosphorus: 153.66mg (15.37%), Vitamin B5: 1.48mg (14.84%), Magnesium: 52.07mg (13.02%), Manganese: 0.23mg (11.57%), Vitamin B3: 2.2mg (10.99%), Vitamin B2: 0.18mg (10.75%), Zinc: 1.32mg (8.79%), Calcium: 84.47mg (8.45%), Vitamin B1: 0.11mg (7.1%), Iron: 0.93mg (5.17%), Vitamin B12: 0.12µg (2.01%), Selenium: 1.33µg (1.9%)