



Chilled Avocado and Mint Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups avocado diced peeled (4 medium)
- ☐ 3.3 cups buttermilk chilled
- ☐ 1 teaspoon chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 6 tablespoons mint leaves fresh divided chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 5 tablespoons juice of lime fresh
- ☐ 3 cups chicken broth ()

- ☐ 1 teaspoon serrano chiles minced seeded
- ☐ 1 cup tomatoes diced seeded

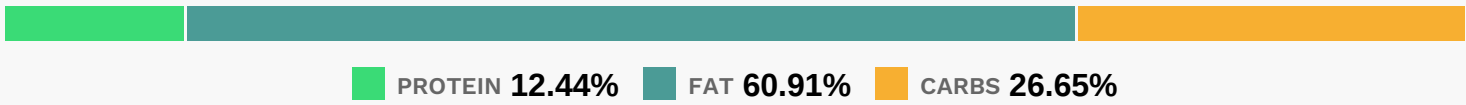
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in processor.
- ☐ Add 4 tablespoons mint; blend until smooth.
- ☐ Transfer to large bowl. Gradually whisk in 3 cups broth. Season soup to taste with salt and pepper. Cover; chill until cold, about 2 hours. (Can be made 6 hours ahead. Keep chilled. Thin with more broth by 1/4 cupfuls, if desired. Rewhisk before serving.)
- ☐ Ladle soup into bowls.
- ☐ Garnish with diced tomatoes and remaining 2 tablespoons mint.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:2.26, Inflammation Score:-7, Nutrition Score:12.868695549343%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 204.83kcal (10.24%), Fat: 14.91g (22.93%), Saturated Fat: 3.63g (22.69%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 8.9g (3.24%), Sugar: 6.12g (6.8%), Cholesterol: 10.73mg (3.58%), Sodium: 141.31mg (6.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Vitamin K: 25.88µg (24.65%), Fiber: 5.78g (23.11%), Folate: 76.07µg (19.02%), Potassium: 664.8mg (18.99%), Vitamin B2: 0.31mg (18.38%), Vitamin C: 14.89mg (18.05%), Phosphorus: 159.19mg (15.92%), Vitamin A: 730.87IU (14.62%), Vitamin B5: 1.46mg (14.61%), Vitamin B3: 2.85mg (14.24%), Calcium: 140.39mg (14.04%), Vitamin B6: 0.27mg (13.46%), Vitamin E: 1.87mg (12.46%), Copper: 0.24mg (12.22%), Magnesium: 39.37mg (9.84%), Manganese: 0.19mg (9.46%), Vitamin B12: 0.54µg (8.95%), Vitamin D: 1.27µg (8.45%), Vitamin B1: 0.11mg (7.41%), Zinc: 1.05mg (6.97%), Selenium: 3.99µg (5.7%), Iron: 0.98mg (5.43%)