



Chilled Avocado-Lime Soup with Shrimp and Chilies

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds avocados ripe peeled chopped (5)
- 0.1 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 3 cups chicken broth
- 4 servings garnish: cilantro fresh
- 1 cup cup heavy whipping cream
- 1.5 tablespoons cilantro leaves fresh coarsely chopped

- 1 jalapeño minced seeded
- 0.3 cup juice of lime fresh divided
- 1 tablespoon olive oil
- 1 pinch pepper flakes red crushed
- 1 teaspoon salt divided
- 10 medium shrimp deveined cooked peeled halved

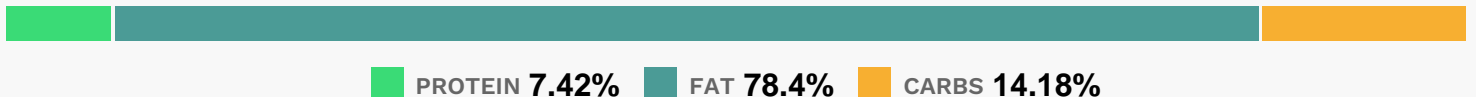
Equipment

- food processor
- bowl
- ladle
- whisk

Directions

- Combine first 3 ingredients, 3 tablespoons lime juice, and 1 cup chicken broth in food processor; process until smooth.
- Transfer mixture to a large bowl; whisk in remaining 2 cups chicken broth, cream, 3/4 teaspoon salt, 1/2 teaspoon black pepper, and chopped cilantro. Chill soup mixture.
- Combine shrimp, remaining 1/4 teaspoon salt, 1/8 teaspoon black pepper, and oil in a small bowl. Toss with remaining 2 tablespoons lime juice.
- Let stand for 15 minutes.
- Ladle soup into bowls, and top each with 5 shrimp halves.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:1.74, Inflammation Score:-8, Nutrition Score:25.010434648265%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 634.91kcal (31.75%), Fat: 58.86g (90.55%), Saturated Fat: 19.06g (119.1%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 8.49g (3.09%), Sugar: 4.48g (4.98%), Cholesterol: 111.01mg (37%), Sodium: 1298.11mg (56.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.07%), Fiber: 15.47g (61.88%), Vitamin K: 53.72µg (51.16%), Folate: 189.26µg (47.32%), Vitamin C: 33.31mg (40.37%), Vitamin E: 6.01mg (40.04%), Potassium: 1292.58mg (36.93%), Vitamin B5: 3.36mg (33.6%), Vitamin B6: 0.63mg (31.39%), Vitamin B2: 0.52mg (30.43%), Copper: 0.57mg (28.71%), Vitamin A: 1283.1IU (25.66%), Manganese: 0.46mg (23.09%), Vitamin B3: 4.45mg (22.27%), Phosphorus: 217.42mg (21.74%), Magnesium: 83.24mg (20.81%), Zinc: 2.08mg (13.87%), Vitamin B1: 0.21mg (13.86%), Calcium: 94.81mg (9.48%), Iron: 1.65mg (9.17%), Vitamin D: 0.95µg (6.35%), Selenium: 3.46µg (4.94%), Vitamin B12: 0.13µg (2.17%)