



Chilled Avocado Soup

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



323 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 avocados ripe peeled
- 0.3 teaspoon pepper black
- 4 ounce jar chiles green chopped canned
- 1 tablespoon juice of lime
- 0.8 teaspoon salt
- 4 servings cilantro and/or tortilla chips fresh crushed for garnish
- 1.5 cups vegetable broth
- 0.5 cup milk whole

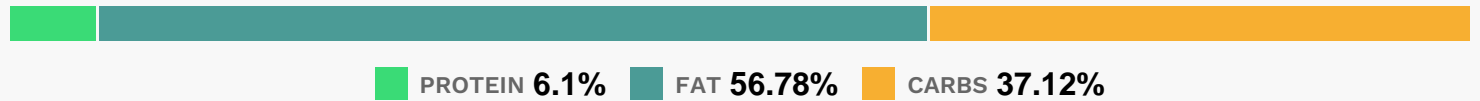
Equipment

- blender
- plastic wrap

Directions

- Cut the avocados in half, and remove the pits.
- Spoon avocado into a blender, add the remaining ingredients (except garnish), and puree until creamy. Chill the soup for up to 2 hours before serving, or serve immediately. Cover leftovers with plastic wrap, refrigerate, and use within 2 days.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:1.8, Inflammation Score:-6, Nutrition Score:13.396956391956%

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: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 322.87kcal (16.14%), Fat: 21.63g (33.27%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 23.03g (8.38%), Sugar: 3.16g (3.51%), Cholesterol: 3.66mg (1.22%), Sodium: 1011.64mg (43.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Fiber: 8.77g (35.1%), Vitamin K: 27.28µg (25.98%), Vitamin C: 20.87mg (25.3%), Folate: 100.47µg (25.12%), Vitamin E: 3.09mg (20.62%), Vitamin B5: 1.87mg (18.72%), Vitamin B6: 0.36mg (18.14%), Potassium: 622.31mg (17.78%), Phosphorus: 149.91mg (14.99%), Magnesium: 57.98mg (14.5%), Vitamin B2: 0.2mg (11.86%), Copper: 0.22mg (11.07%), Vitamin B3: 2.2mg (11%), Calcium: 90.81mg (9.08%), Vitamin B1: 0.13mg (8.5%), Vitamin A: 422.97IU (8.46%), Manganese: 0.16mg (8.08%), Zinc: 1.19mg (7.91%), Iron: 1.37mg (7.64%), Selenium: 2.31µg (3.3%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.34µg (2.24%)