



Chilled Avocado Soup

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



262 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 avocados firm pitted ripe peeled mashed halved
- 1 teaspoon pepper black freshly ground
- 4 cups chicken broth
- 0.5 cup crème fraîche sour
- 8 servings accompaniment: crostini for serving, optional
- 0.3 cup cilantro leaves fresh chopped
- 3 garlic cloves minced
- 0.3 cup juice of lemon fresh

- 3 tablespoons olive oil
- 8 servings salt for seasoning, plus 1 teaspoon
- 1 serrano chile diced stemmed seeded
- 2 cups water
- 1 cup onion diced white


Equipment

- bowl
- frying pan
- blender

Directions

- Watch how to make this recipe.
- Heat 2 tablespoons of the olive oil in a medium skillet over medium heat.
- Add the onion, chile and the garlic and cook until slightly soft, about 2 minutes.
- Season with salt, to taste.
- Remove from the heat and set aside to cool.
- Put the avocados in a large bowl.
- Add the chicken broth, lemon juice, cilantro, onion mixture, and water.
- Add, in batches, to a blender and puree until smooth, straining each batch of puree into a large bowl. Stir in the 1 teaspoon of salt and the 1 teaspoon of pepper, then cover and refrigerate until well chilled, about 3 hours.
- Pour the chilled soup into individual bowls. Top each serving with a drizzle of the sour cream.
- Serve with crostini or croutons, if desired.

Nutrition Facts



PROTEIN 5.26% **FAT 74.52%** **CARBS 20.22%**

Properties

Glycemic Index:29.75, Glycemic Load:1.79, Inflammation Score:-6, Nutrition Score:12.204782511877%

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: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 261.78kcal (13.09%), Fat: 23.23g (35.73%), Saturated Fat: 4.38g (27.37%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 6.47g (2.35%), Sugar: 2.79g (3.1%), Cholesterol: 10.83mg (3.61%), Sodium: 459.13mg (19.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin K: 32.85µg (31.28%), Fiber: 7.7g (30.8%), Folate: 91.84µg (22.96%), Vitamin E: 3.16mg (21.05%), Vitamin C: 15.46mg (18.73%), Potassium: 590.22mg (16.86%), Manganese: 0.33mg (16.71%), Vitamin B6: 0.32mg (16.08%), Vitamin B5: 1.52mg (15.17%), Vitamin B2: 0.24mg (14.22%), Copper: 0.25mg (12.32%), Vitamin B3: 2.18mg (10.89%), Magnesium: 38.82mg (9.71%), Phosphorus: 79.58mg (7.96%), Vitamin B1: 0.12mg (7.81%), Iron: 1.19mg (6.61%), Vitamin A: 298.74IU (5.97%), Calcium: 58.45mg (5.85%), Zinc: 0.87mg (5.82%), Selenium: 2.11µg (3.02%)