



Chilled Avocado Soup with Roasted Poblano Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



62 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 small avocado ripe
- ☐ 2 cups chicken broth
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 1 poblano pepper
- ☐ 14 servings salt

- ☐ 3 tablespoons cream sour
- ☐ 3 dashes all the tabasco sauce you handle
- ☐ 2 tablespoons tequila

Equipment

- ☐ food processor
- ☐ bowl
- ☐ broiler
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ To make the soup, peel, pit, and coarsely chop the avocados. Purée them in a food processor with 1/2 cup of the broth, the green onion, lime juice, and tequila, scraping down the sides as needed. With the motor running, add the remaining broth. Season to taste with Tabasco and salt.
- ☐ Transfer the soup to a large lipped measuring cup or bowl and refrigerate for at least 2 hours.
- ☐ To make the roasted poblano cream, roast the chile under the broiler until the skin blackens, turning occasionally to roast evenly, 10 to 15 minutes total.
- ☐ Put the chile in a plastic bag, securely seal it, and set aside to cool. When the chile is cool enough to handle, peel away and discard the skin.
- ☐ Remove the core and seeds and chop the chile.
- ☐ Put the chopped poblano in the food processor with the sour cream, cumin, and a pinch of salt. Process until very smooth, scraping the sides once or twice.
- ☐ Transfer to a small bowl and refrigerate until you are ready to serve.
- ☐ To serve, pour the avocado soup into tall shot glasses or espresso cups of about 1/4-cup capacity and top each with a small spoonful of the poblano cream. Top the cream with a pinch of green onion slivers and arrange on a tray to serve.
- ☐ Make the roasted poblano cream up to 1 day ahead and refrigerate. Make the soup up to 4 hours ahead and refrigerate.

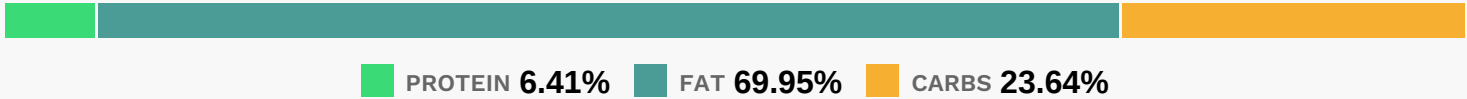
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Nutrition Facts



Properties

Glycemic Index:7.29, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:3.8065217662117%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 61.68kcal (3.08%), Fat: 4.82g (7.42%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.76g (0.84%), Cholesterol: 2.19mg (0.73%), Sodium: 322.52mg (14.02%), Alcohol: 0.72g (100%), Alcohol %: 1.1% (100%), Protein: 0.99g (1.99%), Vitamin C: 11.49mg (13.93%), Vitamin K: 11.65µg (11.1%), Fiber: 2.15g (8.61%), Folate: 26.22µg (6.56%), Potassium: 175.78mg (5.02%), Vitamin B6: 0.1mg (4.86%), Vitamin E: 0.67mg (4.49%), Vitamin B5: 0.43mg (4.26%), Vitamin B2: 0.07mg (3.92%), Manganese: 0.07mg (3.68%), Copper: 0.07mg (3.49%), Vitamin B3: 0.64mg (3.18%), Magnesium: 10.73mg (2.68%), Vitamin A: 116.45IU (2.33%), Vitamin B1: 0.03mg (2.29%), Phosphorus: 21.68mg (2.17%), Zinc: 0.24mg (1.62%), Iron: 0.28mg (1.54%), Calcium: 11.01mg (1.1%)