



Chilled Avocado Soup with Seared Chipotle Shrimp

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups avocado diced peeled (2)
- ☐ 0.3 teaspoon pepper black freshly ground
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- ☐ 7 ounce chipotle chiles in adobo sauce canned
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 cup corn kernels fresh (2 ears)

- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 0.8 cup cup heavy whipping cream sour reduced-fat
- ☐ 3 cups lower-sodium chicken broth fat-free
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.8 pound shrimp deveined peeled

Equipment

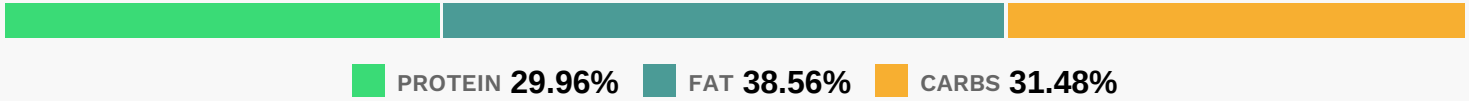
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender

Directions

- ☐ To prepare soup, place chicken broth and next 5 ingredients (through 1/4 teaspoon black pepper) in a blender or food processor, and process until smooth. Cover and chill.
- ☐ To prepare lime cream, combine sour cream and next 3 ingredients (through 1/2 teaspoon black pepper) in a bowl; stir well. Cover and chill.
- ☐ To prepare the shrimp, sprinkle shrimp with cumin, 1/2 teaspoon pepper, and 1/4 teaspoon salt; set aside.
- ☐ Remove 1 chipotle chile and 1 tablespoon adobo sauce from can, and finely chop chile. Reserve remaining chiles and adobo sauce for another use.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat the pan with cooking spray.
- ☐ Add shrimp, and cook 2 minutes. Turn shrimp over.
- ☐ Add corn, onion, and garlic; saut for 2 minutes.

- ☐ Add chopped chipotle chile, 1 tablespoon adobo sauce, and 1 tablespoon lime juice; saut for 2 minutes or until shrimp are done and vegetables are crisp-tender.
- ☐ To serve, ladle about 1/2 cup soup into each of 8 bowls. Top with 1 1/2 tablespoons lime cream, one-eighth of shrimp, and about 2 tablespoons corn mixture.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:6.6804347517698%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 153.24kcal (7.66%), Fat: 6.93g (10.66%), Saturated Fat: 2.13g (13.32%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 7.81g (2.84%), Sugar: 3.34g (3.71%), Cholesterol: 76.01mg (25.34%), Sodium: 311.8mg (13.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.11g (24.22%), Fiber: 4.91g (19.66%), Potassium: 544.48mg (15.56%), Phosphorus: 140.92mg (14.09%), Copper: 0.24mg (12.08%), Folate: 34.45µg (8.61%), Magnesium: 33.78mg (8.44%), Vitamin C: 6.54mg (7.92%), Iron: 1.21mg (6.71%), Calcium: 66.19mg (6.62%), Vitamin K: 6.91µg (6.58%), Zinc: 0.97mg (6.45%), Manganese: 0.13mg (6.31%), Vitamin B5: 0.54mg (5.4%), Vitamin B6: 0.11mg (5.38%), Vitamin E: 0.68mg (4.56%), Vitamin B2: 0.08mg (4.47%), Vitamin B3: 0.85mg (4.26%), Vitamin B1: 0.06mg (4.08%), Vitamin A: 162.73IU (3.25%), Vitamin B12: 0.09µg (1.51%), Selenium: 0.99µg (1.42%)