



Chilled Avocado Soup with Tortilla Chips

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado ripe peeled
- ☐ 1 cup cannellini beans canned rinsed drained
- ☐ 0.1 teaspoon chipotle sauce
- ☐ 2 6-inch corn tortillas halved cut into (1/8-inch-thick) strips ()
- ☐ 1 cup cucumber peeled chopped
- ☐ 0.5 cup nonfat buttermilk fat-free
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 1 tablespoon cilantro leaves fresh chopped

- ☐ 0.1 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon salt divided

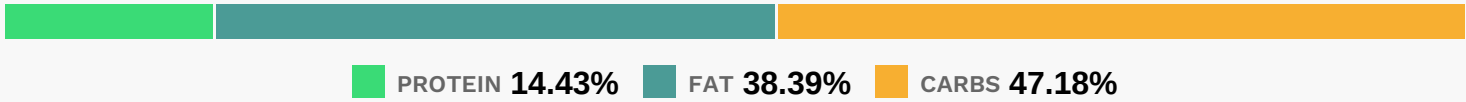
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Combine first 7 ingredients (through avocado) in a blender; add 1/4 teaspoon salt. Process until smooth; stir in 1/8 teaspoon salt and chopped fresh cilantro. Cover and chill 2 hours.
- ☐ Preheat oven to 40
- ☐ Lightly coat tortillas with cooking spray.
- ☐ Combine remaining 1/8 teaspoon salt, cumin, and 1/8 teaspoon chile powder in a small bowl; sprinkle cumin mixture over tortillas, tossing gently to coat. Arrange tortillas in a single layer on a baking sheet.
- ☐ Bake at 400 for 5 minutes or until crisp. Cool in pan.
- ☐ Place 1 cup soup in each of 4 bowls; top evenly with tortilla strips.

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:5.23, Inflammation Score:-4, Nutrition Score:10.090869478557%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg,

Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg 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: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 180.65kcal (9.03%), Fat: 8.13g (12.51%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 22.49g (7.5%), Net Carbohydrates: 15.85g (5.76%), Sugar: 2.79g (3.1%), Cholesterol: 0.59mg (0.2%), Sodium: 736.34mg (32.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.76%), Fiber: 6.63g (26.54%), Manganese: 0.38mg (19.17%), Folate: 76.53µg (19.13%), Potassium: 552.13mg (15.78%), Vitamin K: 14.58µg (13.89%), Copper: 0.26mg (13.19%), Magnesium: 52.3mg (13.07%), Phosphorus: 126.45mg (12.65%), Iron: 2.04mg (11.31%), Vitamin B6: 0.22mg (11.19%), Vitamin B5: 1mg (9.99%), Vitamin E: 1.45mg (9.69%), Vitamin C: 7.6mg (9.21%), Vitamin B3: 1.7mg (8.48%), Zinc: 1.08mg (7.18%), Vitamin B1: 0.11mg (7.17%), Vitamin B2: 0.12mg (7.08%), Calcium: 63.05mg (6.3%), Selenium: 3.93µg (5.62%), Vitamin B12: 0.2µg (3.31%), Vitamin A: 106.98IU (2.14%)