



Chilled Cucumber, Avocado, and Yogurt Soup



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado cut into 1/2-in. dice
- ☐ 1 cucumber english peeled chopped
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon pepper white
- ☐ 4 cups yogurt plain low-fat

- ☐ 4 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon salt

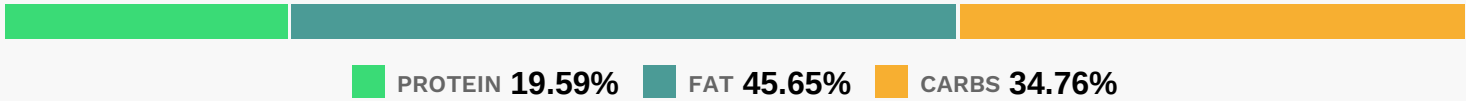
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together yogurt, garlic, salt, spices, and 2 cups cold water in a large bowl.
- ☐ Add cucumber, avocado, mint, and dill, stirring gently to combine.
- ☐ Drizzle each serving with 1 tsp. oil.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:18.213478565216%

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: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 291.39kcal (14.57%), Fat: 15.38g (23.66%), Saturated Fat: 4.11g (25.72%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 22.19g (8.07%), Sugar: 18.88g (20.97%), Cholesterol: 14.7mg (4.9%), Sodium: 470.84mg (20.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.7%), Calcium: 488.28mg (48.83%), Phosphorus: 407.89mg (40.79%), Vitamin B2: 0.64mg (37.38%), Potassium: 983.41mg (28.1%), Vitamin K: 25.83µg (24.6%), Vitamin B5: 2.39mg (23.85%), Vitamin B12: 1.37µg (22.87%), Folate: 80.66µg (20.17%), Zinc: 2.76mg

(18.43%), Magnesium: 71.42mg (17.85%), Vitamin B6: 0.34mg (16.93%), Vitamin C: 13.76mg (16.68%), Fiber: 4.16g (16.63%), Manganese: 0.29mg (14.39%), Selenium: 9.09µg (12.99%), Vitamin A: 625.2IU (12.5%), Vitamin B1: 0.17mg (11.64%), Vitamin E: 1.72mg (11.46%), Copper: 0.19mg (9.3%), Vitamin B3: 1.36mg (6.78%), Iron: 1.21mg (6.74%)