







 **40%**  
HEALTH SCORE

# Chilled Cucumber Avocado Soup with Yogurt and Kefir

 Vegetarian  Gluten Free

READY IN  
  
**45 min.**

SERVINGS  
  
**3**

CALORIES  
  
**189 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

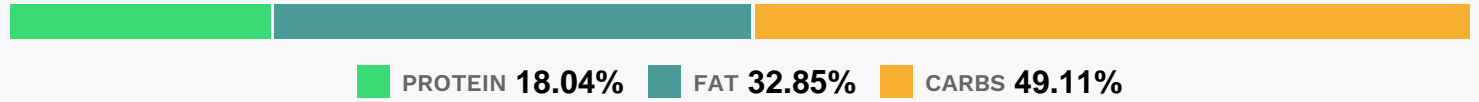
- 0.5 avocado
- 5 cucumber
- 1 small handful grapes
- 1 juice of lemon
- 0.5 cup buttermilk plain (can substitute buttermilk)
- 0.5 cup greek yogurt plain
- 0.3 cup onion red chopped

3 servings salt and pepper to taste

4 spring onion

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:63.67, Glycemic Load:4.45, Inflammation Score:-8, Nutrition Score:19.415217391304%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

## Taste

Sweetness: 100%, Saltiness: 25.1%, Sourness: 60.73%, Bitterness: 42.37%, Savoriness: 20.61%, Fattiness: 62.4%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 188.75kcal (9.44%), Fat: 7.28g (11.2%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 17.84g (6.49%), Sugar: 15.25g (16.95%), Cholesterol: 6.07mg (2.02%), Sodium: 263.83mg (11.47%), Protein: 8.99g (17.99%), Vitamin K: 80µg (76.19%), Vitamin C: 28.02mg (33.96%), Potassium: 1065.51mg (30.44%), Folate: 116.75µg (29.19%), Fiber: 6.64g (26.57%), Copper: 0.49mg (24.33%), Manganese: 0.48mg (23.98%), Phosphorus: 217.37mg (21.74%), Vitamin B2: 0.37mg (21.56%), Vitamin B6: 0.43mg (21.44%), Magnesium: 84.28mg (21.07%), Vitamin B5: 1.98mg (19.82%), Calcium: 174.84mg (17.48%), Vitamin B1: 0.24mg (15.89%), Vitamin A: 653.24IU (13.06%), Zinc: 1.5mg (10.01%), Iron: 1.68mg (9.36%), Selenium: 5.61µg (8.02%), Vitamin B12: 0.42µg (6.96%), Vitamin E: 1.03mg (6.86%), Vitamin B3: 1.03mg (5.15%), Vitamin D: 0.52µg (3.47%)