



## Chilled Tomatillo and Yogurt Soup

 Gluten Free

READY IN



150 min.

SERVINGS



6

CALORIES



79 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.5 cup chicken stock see low-sodium homemade canned
- ☐ 1 serano chile
- ☐ 0.3 cup cilantro leaves plus more for garnish roughly chopped
- ☐ 0.5 teaspoon coarse salt
- ☐ 1 cup cucumber peeled seeded roughly chopped
- ☐ 3 garlic cloves unpeeled
- ☐ 1 tablespoon juice of lime freshly squeezed
- ☐ 0.3 cup onion roughly chopped

- ☐ 0.5 cup nonfat yogurt plain
- ☐ 1 pound tomatillos washed hulled
- ☐ 0.5 cup water

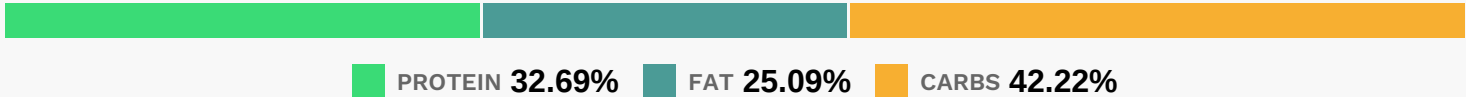
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ wire rack
- ☐ plastic wrap
- ☐ broiler

## Directions

- ☐ Heat broiler.
- ☐ Place tomatillos, garlic, and serrano chile in a single layer on a rimmed baking sheet, and roast until tomatillos are soft and browned in spots, about 7 minutes. Turn all items; continue cooking until other side is soft and browned, about 5 minutes more.
- ☐ Remove from heat; let cool slightly.
- ☐ Transfer baking sheet to a wire rack; let cool completely. Peel garlic; place cloves in the bowl of a food processor fitted with the metal blade.
- ☐ Add tomatillos, serrano, and any accumulated juices along with cucumber, onion, cilantro, stock, lime juice, and salt; blend until mixture is smooth.
- ☐ Add yogurt and the water; process until they are just combined.
- ☐ Transfer to a large bowl or plastic storage container; cover with plastic wrap. Refrigerate at least 2 hours. To serve, ladle into bowls; garnish with avocado and/or cilantro leaves.

## Nutrition Facts



## Properties

Glycemic Index:24.83, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:6.983478260429%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 78.57kcal (3.93%), Fat: 2.28g (3.51%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 6.75g (2.46%), Sugar: 5.59g (6.21%), Cholesterol: 8.95mg (2.98%), Sodium: 295.59mg (12.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Vitamin C: 22.41mg (27.16%), Vitamin K: 12.85µg (12.24%), Potassium: 357.29mg (10.21%), Phosphorus: 100.45mg (10.05%), Vitamin B3: 1.96mg (9.82%), Manganese: 0.18mg (9.22%), Vitamin B6: 0.16mg (8.17%), Fiber: 1.88g (7.51%), Magnesium: 28.25mg (7.06%), Selenium: 4.57µg (6.53%), Vitamin B2: 0.11mg (6.37%), Zinc: 0.89mg (5.9%), Calcium: 58.22mg (5.82%), Copper: 0.11mg (5.47%), Vitamin A: 251.71IU (5.03%), Iron: 0.89mg (4.95%), Vitamin B12: 0.3µg (4.92%), Vitamin B1: 0.06mg (4.16%), Folate: 14.89µg (3.72%), Vitamin B5: 0.34mg (3.37%), Vitamin E: 0.43mg (2.83%)