



Chilled Tomatillo-Avocado Soup with Tomato Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



53 min.

SERVINGS



5

CALORIES



156 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado ripe peeled chopped
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 4 garlic cloves chopped
- ☐ 0.8 teaspoon ground cumin
- ☐ 1 jalapeno seeded chopped
- ☐ 0.3 cup juice of lime fresh

- ☐ 2 teaspoons olive oil
- ☐ 1.3 cups onion chopped (1 medium)
- ☐ 2 poblano chiles chopped
- ☐ 5 servings tomato salsa
- ☐ 0.8 teaspoon salt
- ☐ 1 pound tomatillos quartered

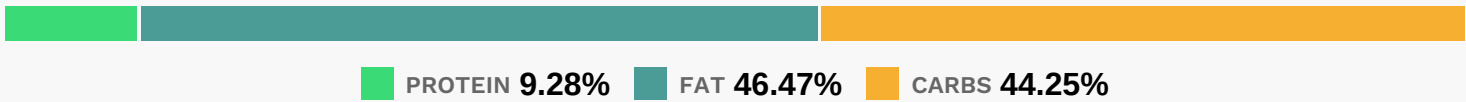
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion and next 3 ingredients; saut 5 minutes or until tender.
- ☐ Add tomatillos and next 3 ingredients to pan; bring to a boil. Cover, reduce heat, and simmer 23 minutes, stirring occasionally.
- ☐ Remove from heat; cover and chill 1 1/2 hours.
- ☐ Place avocado and half of soup in a blender; process until smooth.
- ☐ Transfer to a large bowl.
- ☐ Place remaining soup and cilantro in blender; process until smooth, and add to bowl. Stir in lime juice. Ladle soup into bowls; top with Tomato Salsa.

Nutrition Facts



Properties

Glycemic Index:35.2, Glycemic Load:1.52, Inflammation Score:-7, Nutrition Score:15.165217358133%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.84mg, Quercetin: 9.84mg, Quercetin: 9.84mg, Quercetin: 9.84mg

Nutrients (% of daily need)

Calories: 156.46kcal (7.82%), Fat: 8.95g (13.77%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 12.46g (4.53%), Sugar: 8.45g (9.39%), Cholesterol: 0mg (0%), Sodium: 1124.19mg (48.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin C: 64.41mg (78.07%), Fiber: 6.71g (26.85%), Vitamin K: 26.72µg (25.45%), Vitamin B6: 0.43mg (21.64%), Potassium: 743.56mg (21.24%), Manganese: 0.42mg (20.8%), Vitamin B3: 3.86mg (19.32%), Vitamin E: 2.14mg (14.27%), Folate: 56.48µg (14.12%), Copper: 0.26mg (12.91%), Magnesium: 48.03mg (12.01%), Vitamin A: 586.88IU (11.74%), Phosphorus: 110.6mg (11.06%), Vitamin B5: 1.06mg (10.61%), Vitamin B1: 0.14mg (9.63%), Vitamin B2: 0.16mg (9.16%), Iron: 1.64mg (9.1%), Selenium: 4.49µg (6.41%), Calcium: 49.48mg (4.95%), Zinc: 0.74mg (4.92%), Vitamin B12: 0.27µg (4.54%)