



Cold Avocado Corn Soup with Cilantro Oil

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



236 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 firm-ripe california avocados ()
- ☐ 0.3 cup crema sour
- ☐ 1 ear of corn fresh
- ☐ 1 cup cilantro leaves fresh coarsely chopped
- ☐ 1 garlic clove smashed
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon salt

- ☐ 1 serrano chile fresh stemmed coarsely chopped (including seeds)
- ☐ 4 cups water
- ☐ 1.3 cups onion white chopped

Equipment

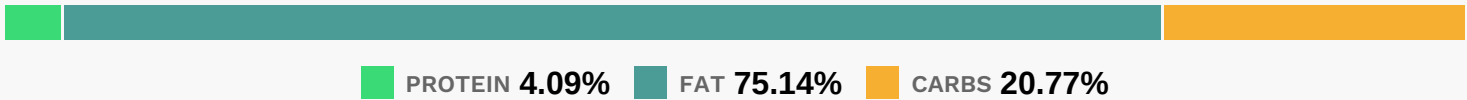
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Roast corn on rack of gas burner over high heat, turning occasionally with tongs, until kernels are charred in spots, 4 to 5 minutes. (Alternatively, heat a dry well-seasoned cast-iron skillet and roast corn over moderately high heat, turning occasionally, about 10 minutes.)
- ☐ Transfer corn to a cutting board and, when cool enough to handle, cut kernels from cob with a sharp knife, then cut cob into thirds.
- ☐ Bring kernels, cob pieces, 4 cups water, garlic, salt, and 1/2 cup onion to a boil in a 3-quart saucepan and boil until liquid is reduced to about 3 cups, about 20 minutes.
- ☐ Remove from heat and cool, uncovered. Discard cob pieces.
- ☐ Purée corn mixture along with chile and remaining 3/4 cup onion in a blender, then pour through a fine-mesh sieve into a bowl, pressing hard on and then discarding solids. Return broth to cleaned blender.

- ☐ Quarter, pit, and peel 1 avocado, then add to blender with 2 tablespoons lime juice and purée until smooth.
- ☐ Transfer soup to a bowl and cover surface with plastic wrap. Cover bowl with plastic wrap and chill soup at least 1 hour.
- ☐ Purée cilantro, oil, and salt in cleaned blender, scraping down sides of blender several times.
- ☐ Pour oil into cleaned fine-mesh sieve set over a bowl and let drain 15 minutes (do not press on solids). Discard solids.
- ☐ Halve and pit remaining avocado and scoop small balls from flesh with melon-ball cutter, then toss gently with remaining tablespoon lime juice in a bowl.
- ☐ Whisk together crema and remaining 2 tablespoons water in a small bowl until smooth.
- ☐ Season soup with salt and ladle into 6 shallow soup bowls. Divide avocado balls among bowls, then drizzle with crema and cilantro oil.
- ☐ •Soup can be chilled up to 1 day. •Cilantro oil can be made 3 hours ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.23, Inflammation Score:-6, Nutrition Score:9.3191305230493%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 235.52kcal (11.78%), Fat: 20.97g (32.26%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 7.53g (2.74%), Sugar: 3.31g (3.68%), Cholesterol: 5.65mg (1.88%), Sodium: 214.66mg (9.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin K: 28.25µg (26.9%), Fiber: 5.51g (22.03%),

Vitamin E: 2.83mg (18.85%), Folate: 70.13µg (17.53%), Vitamin C: 13.85mg (16.79%), Potassium: 453.95mg (12.97%),
Vitamin B6: 0.25mg (12.41%), Vitamin B5: 1.14mg (11.41%), Manganese: 0.19mg (9.35%), Copper: 0.19mg (9.32%),
Magnesium: 32.49mg (8.12%), Vitamin B3: 1.54mg (7.69%), Vitamin A: 379.35IU (7.59%), Vitamin B2: 0.13mg
(7.49%), Phosphorus: 68.64mg (6.86%), Vitamin B1: 0.09mg (6.04%), Zinc: 0.63mg (4.2%), Iron: 0.65mg (3.59%),
Calcium: 34.48mg (3.45%), Selenium: 0.99µg (1.41%)