



Cold Avocado Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



126 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium size anaheim chile seeded chopped
- ☐ 3 avocados ripe peeled seeded coarsely chopped
- ☐ 32 ounce chicken broth
- ☐ 43 ounce potato soup canned
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 cups water

Equipment

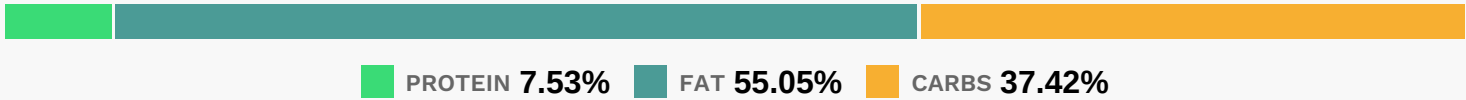
- ☐ bowl

☐ blender

Directions

- ☐ Process about 1/3 of all ingredients in a blender until smooth, stopping to scrape down sides.
- ☐ Pour into a large bowl. Repeat procedure twice with remaining ingredients. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:2.86, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:6.5308695280034%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 125.96kcal (6.3%), Fat: 8.11g (12.48%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 9.03g (3.28%), Sugar: 2.25g (2.5%), Cholesterol: 5.65mg (1.88%), Sodium: 786.1mg (34.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Manganese: 0.35mg (17.63%), Copper: 0.27mg (13.72%), Fiber: 3.38g (13.5%), Vitamin B5: 1.22mg (12.18%), Vitamin K: 10µg (9.53%), Folate: 37.27µg (9.32%), Potassium: 318.78mg (9.11%), Vitamin C: 6.03mg (7.31%), Vitamin B2: 0.12mg (7.06%), Vitamin B6: 0.14mg (6.91%), Vitamin E: 0.98mg (6.56%), Vitamin B3: 1.27mg (6.34%), Phosphorus: 57.46mg (5.75%), Zinc: 0.76mg (5.09%), Vitamin B1: 0.07mg (4.51%), Magnesium: 14.71mg (3.68%), Iron: 0.62mg (3.42%), Selenium: 2.09µg (2.98%), Vitamin A: 123.58IU (2.47%), Calcium: 23.41mg (2.34%)