



Cold Avocado Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 medium avocado pitted peeled quartered
- 6 servings chives fresh sour chopped
- 2 tablespoons sherry dry
- 29 ounce chicken broth canned
- 0.5 teaspoon hot sauce hot
- 2 shallots chopped
- 0.7 cup milk whole

Equipment

- bowl
- ladle
- blender

Directions

- Working in batches, blend avocados, chicken broth, 2/3 cup milk, chopped shallots, 2 tablespoons Sherry and 1/2 teaspoon hot pepper sauce in blender until mixture is smooth. Season soup to taste with salt and pepper. Cover and refrigerate until cold. (Can be made 6 hours ahead. Keep refrigerated.)Ladle soup into bowls. Spoon dollop of sour cream atop soup.
- Garnish with chives and serve.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.83, Inflammation Score:-6, Nutrition Score:14.224782772686%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 263.03kcal (13.15%), Fat: 21.4g (32.93%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 6.65g (2.42%), Sugar: 3.09g (3.44%), Cholesterol: 3.25mg (1.08%), Sodium: 70.88mg (3.08%), Alcohol: 0.51g (100%), Protein: 6.56g (13.11%), Fiber: 9.27g (37.08%), Vitamin K: 30.45µg (29%), Folate: 112.49µg (28.12%), Potassium: 843.23mg (24.09%), Vitamin B3: 4.27mg (21.33%), Vitamin B6: 0.41mg (20.39%), Vitamin B5: 1.99mg (19.92%), Vitamin E: 2.79mg (18.62%), Vitamin C: 14.9mg (18.06%), Copper: 0.33mg (16.7%), Vitamin B2: 0.26mg (15.09%), Phosphorus: 144.69mg (14.47%), Magnesium: 46.17mg (11.54%), Manganese: 0.23mg (11.27%), Zinc: 1.15mg (7.67%), Vitamin B1: 0.11mg (7.41%), Iron: 1.16mg (6.42%), Calcium: 59.39mg (5.94%), Vitamin A: 283.96IU (5.68%), Vitamin B12: 0.28µg (4.72%), Vitamin D: 0.3µg (1.99%), Selenium: 1.17µg (1.66%)