



Creamy Avocado Soup with Tomato-Lump Crab Relish

 Gluten Free

READY IN



9 min.

SERVINGS



4

CALORIES



272 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 avocados ripe peeled coarsely chopped
- 0.3 teaspoon pepper black freshly ground
- 8 ounce carton cream sour reduced-fat
- 2 cups less-sodium chicken broth fat-free
- 0.3 teaspoon ground cumin
- 2 tablespoons juice of lime fresh
- 0.3 pound lump crab meat fresh

- 0.1 teaspoon salt
- 0.5 cup prechopped tomato refrigerated

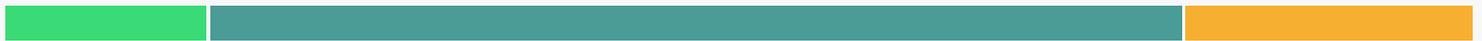
Equipment

- food processor
- bowl
- ladle
- blender

Directions

- Combine first 7 ingredients in a blender or food processor; process until smooth. Chill soup until ready to serve.
- Ladle soup into bowls.
- Combine crabmeat and tomato mixture in a small bowl. Spoon crabmeat mixture evenly on top of soup in each bowl.
- Garnish with cilantro leaves, if desired.

Nutrition Facts



PROTEIN 13.92% **FAT 66.3%** **CARBS 19.78%**

Properties

Glycemic Index:28.75, Glycemic Load:0.94, Inflammation Score:-6, Nutrition Score:16.907391247542%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg 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: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 272.27kcal (13.61%), Fat: 21.22g (32.65%), Saturated Fat: 5.92g (36.99%), Carbohydrates: 14.25g (4.75%), Net Carbohydrates: 7.22g (2.62%), Sugar: 1.58g (1.75%), Cholesterol: 31.75mg (10.58%), Sodium: 829.3mg (36.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.02g (20.05%), Vitamin B12: 3.02µg (50.28%), Fiber: 7.03g (28.13%), Folate: 104.83µg (26.21%), Copper: 0.5mg (24.94%), Vitamin K: 23.12µg (22.02%), Potassium: 756.34mg (21.61%), Selenium: 15µg (21.42%), Vitamin C: 17.36mg (21.04%), Zinc: 2.68mg (17.88%), Phosphorus: 173.43mg (17.34%), Vitamin B6: 0.35mg (17.33%), Vitamin B5: 1.66mg (16.59%), Vitamin E: 2.37mg (15.82%), Vitamin B3: 2.86mg (14.31%), Vitamin B2: 0.24mg (14.12%), Magnesium: 53.16mg (13.29%), Calcium: 114.26mg (11.43%), Manganese: 0.21mg (10.4%), Vitamin A: 500.67IU (10.01%), Vitamin B1: 0.12mg (7.99%), Iron: 1.07mg (5.95%)