



Cucumber and Avocado Soup with Tomato and Basil Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado pitted peeled quartered
- ☐ 2.5 cups cucumber diced english peeled
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 teaspoons juice of lime fresh
- ☐ 2.5 cups buttermilk 1% low-fat ()
- ☐ 4 tablespoons yogurt plain
- ☐ 4 tablespoons onion red chopped

☐ 0.5 cup tomatoes seeded chopped

Equipment

☐ bowl

☐ ladle

☐ blender

Directions

☐ Combine cucumber and buttermilk in blender. Chop 1/4 of avocado; set aside for salad.

☐ Cut remaining avocado into chunks.

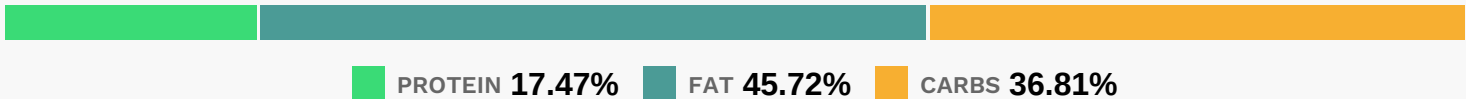
☐ Add avocado to blender; then add 2 tablespoons red onion and 1 tablespoon basil. Blend until very smooth. Season with salt and pepper. Cover; refrigerate until chilled, about 1 hour.

☐ Mix reserved avocado, remaining 2 tablespoons onion and 1 tablespoon basil, tomato and lime juice in small bowl. (Can be prepared 1 day ahead. Cover soup and tomato salad separately and refrigerate.) Ladle cucumber soup into 4 bowls. Dollop each with 1 tablespoon yogurt; top with tomato salad and serve.

☐ Per serving: calories, 145; total fat, 6 g; saturated fat, 2 g; cholesterol, 5 mg

☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:11.979130454685%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 169.78kcal (8.49%), Fat: 9.22g (14.18%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 12.33g (4.48%), Sugar: 11.16g (12.4%), Cholesterol: 6.4mg (2.13%), Sodium: 244mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.84%), Calcium: 237.75mg (23.78%), Vitamin B2: 0.37mg (21.84%), Phosphorus: 216.77mg (21.68%), Vitamin K: 22.4µg (21.34%), Potassium: 698.88mg (19.97%), Fiber: 4.37g (17.47%), Folate: 67.86µg (16.97%), Vitamin C: 13.59mg (16.47%), Vitamin B5: 1.47mg (14.72%), Vitamin B6: 0.26mg (13.13%), Magnesium: 48.74mg (12.18%), Copper: 0.19mg (9.67%), Manganese: 0.18mg (9.1%), Zinc: 1.35mg (8.97%), Vitamin B1: 0.13mg (8.83%), Vitamin E: 1.26mg (8.37%), Vitamin A: 414.46IU (8.29%), Vitamin B12: 0.45µg (7.53%), Selenium: 4.06µg (5.8%), Vitamin B3: 1.15mg (5.76%), Iron: 0.66mg (3.65%)