



Cucumber Soup with Wasabi-Avocado Cream

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



107 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 california avocado pitted ripe peeled
- ☐ 6 servings garnish: chives fresh finely chopped
- ☐ 3 cucumbers english peeled sliced
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 1.5 cups ice cubes
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 tablespoon juice of lime fresh
- ☐ 8 ounce yogurt plain

- ☐ 2 tablespoons seasoned rice wine vinegar
- ☐ 1 teaspoon wasabi paste mixed with 1/2 teaspoon water)
- ☐ 0.5 cup water cold
- ☐ 6 servings pepper white freshly ground

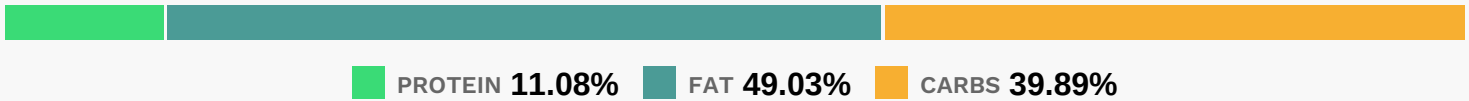
Equipment

- ☐ whisk
- ☐ blender

Directions

- ☐ Puree cucumbers with water, vinegar, and 2 teaspoons kosher salt in batches in a blender until smooth.
- ☐ Mash together avocado, lime juice, and remaining teaspoon kosher salt until smooth.
- ☐ Whisk in yogurt, wasabi paste, chives, and pepper, to taste.
- ☐ Just before serving, blend soup with ice in batches until smooth.
- ☐ Serve topped with avocado cream.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:8.525652056155%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 107.13kcal (5.36%), Fat: 6.38g (9.81%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 8.08g (2.94%), Sugar: 4.55g (5.05%), Cholesterol: 4.91mg (1.64%), Sodium: 802.16mg (34.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.49%), Vitamin K: 35.98µg (34.26%), Fiber: 3.59g (14.35%), Manganese: 0.27mg (13.34%), Potassium: 451.62mg (12.9%), Vitamin C: 9.77mg (11.84%), Folate: 42.74µg (10.68%), Vitamin B5: 1.01mg (10.09%), Phosphorus: 94.53mg (9.45%), Magnesium: 37.47mg (9.37%), Vitamin B2: 0.15mg (8.94%), Calcium: 84.45mg (8.45%), Copper: 0.16mg (8.2%), Vitamin B6: 0.16mg (8.19%), Vitamin A: 331.57IU (6.63%), Iron: 0.95mg (5.29%), Zinc: 0.79mg (5.24%), Vitamin E: 0.77mg (5.12%), Vitamin B1: 0.08mg (5.1%), Vitamin B3: 0.78mg (3.89%), Vitamin B12: 0.14µg (2.33%), Selenium: 1.53µg (2.18%)