



Cucumber Soup with Wasabi-Avocado Cream



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



100 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
- ☐ 3 teaspoons kosher salt
- ☐ 0.5 tablespoon juice of lime fresh
- ☐ 8 oz yogurt plain

- ☐ 1 teaspoon wasabi paste mixed with 1/2 teaspoon water), or to taste
- ☐ 0.5 cup water cold
- ☐ 0.5 tablespoon distilled vinegar white

Equipment

- ☐ whisk
- ☐ blender

Directions

- ☐ Purée 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.
- ☐ Soup (before blending with ice) and avocado cream can be made 1 day ahead and kept, separately, chilled and covered.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:0.6, Inflammation Score:-4, Nutrition Score:8.0269564338352%

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: 100.49kcal (5.02%), Fat: 6.33g (9.75%), Saturated Fat: 1.56g (9.78%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 7.23g (2.63%), Sugar: 4.55g (5.05%), Cholesterol: 4.91mg (1.64%), Sodium: 1189.56mg (51.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.07%), Vitamin K: 35.98µg (34.26%), Potassium: 450.16mg (12.86%), Fiber: 3.06g (12.25%), Vitamin C: 9.35mg (11.33%), Folate: 42.54µg (10.63%), Vitamin B5: 1.01mg (10.09%), Phosphorus: 90.85mg (9.09%), Manganese: 0.18mg (8.98%), Magnesium: 35.64mg (8.91%), Vitamin B2: 0.15mg (8.79%), Vitamin B6: 0.16mg (8.09%), Calcium: 79.15mg (7.92%), Copper: 0.15mg (7.29%), Vitamin A: 331.57IU (6.63%), Vitamin E: 0.77mg (5.12%), Zinc: 0.76mg (5.09%), Vitamin B1: 0.08mg (5.07%), Vitamin B3: 0.77mg (3.87%), Iron: 0.67mg (3.71%), Vitamin B12: 0.14µg (2.33%), Selenium: 1.44µg (2.06%)