



Edamame-Avocado Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



172 kcal

SOUP

Ingredients

- 2 avocados peeled cut into quarters
- 1.5 pounds edamame green frozen shelled (soybeans)
- 2 cups fat-free less-sodium chicken broth fat-free divided
- 3 tablespoons juice of lemon
- 1 teaspoon salt
- 0.3 cup shallots chopped
- 4 cups water
- 0.3 teaspoon pepper white

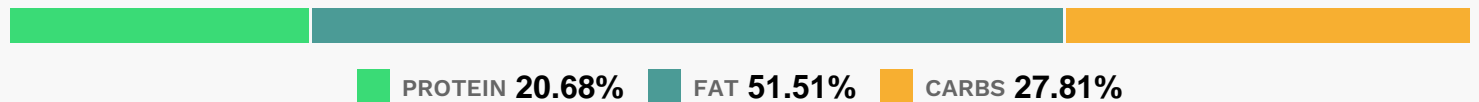
Equipment

- food processor
- bowl
- sauce pan
- whisk
- blender

Directions

- Place edamame in a large saucepan. Cover with water to 2 inches above beans; bring to a boil and cook 10 minutes or until soft.
- Drain; set aside.
- Place half of edamame, 1/2 cup broth, and shallots in a blender or food processor; process until smooth.
- Pour pured shallot mixture into a large bowl.
- Combine the remaining edamame, 3/4 cup broth, and avocados in blender or food processor; process until smooth.
- Add pured avocado mixture to pured shallot mixture; stir to combine.
- Add 3/4 cup broth, water, juice, salt, and pepper to pured mixture; stir well with a whisk. Cover and chill.
- Serve with parsley and lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:7.78, Glycemic Load:0.6, Inflammation Score:0, Nutrition Score:15.060434756072%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg,

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 171.71kcal (8.59%), Fat: 10.6g (16.31%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 5.72g (2.08%), Sugar: 2.66g (2.96%), Cholesterol: 0mg (0%), Sodium: 478.47mg (20.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.16%), Folate: 275.04µg (68.76%), Manganese: 0.87mg (43.3%), Fiber: 7.16g (28.65%), Vitamin K: 29.62µg (28.21%), Copper: 0.38mg (18.97%), Potassium: 588.57mg (16.82%), Magnesium: 64.63mg (16.16%), Phosphorus: 160.98mg (16.1%), Vitamin C: 11.55mg (14%), Vitamin B1: 0.19mg (12.65%), Iron: 2.13mg (11.81%), Vitamin B6: 0.22mg (11.12%), Vitamin B2: 0.19mg (11.06%), Vitamin B5: 1.01mg (10.05%), Vitamin E: 1.45mg (9.66%), Zinc: 1.37mg (9.15%), Vitamin B3: 1.77mg (8.84%), Calcium: 61.2mg (6.12%), Selenium: 1.37µg (1.96%), Vitamin B12: 0.1µg (1.68%), Vitamin A: 65.78IU (1.32%)