



Festive Guacamole Soup

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



150 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado ripe
- ☐ 4 cups chicken broth organic swanson® natural goodness® (Regular, or Certified)
- ☐ 1 tablespoon chili powder
- ☐ 1.5 teaspoons cilantro leaves dried fresh chopped
- ☐ 1 clove garlic mashed
- ☐ 0.3 cup spring onion with tops) chopped
- ☐ 2 large romaine leaves dark green (romaine or other lettuce)
- ☐ 2 tablespoons juice of lime

- ☐ 4 servings bell pepper red minced
- ☐ 4 servings cream sour

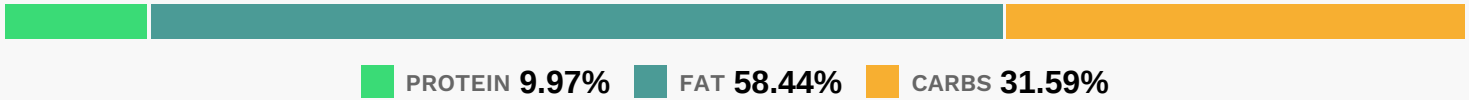
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Cut the avocado into quarters and remove the pit and peel. Tear the lettuce into pieces.
- ☐ Place the avocado, lettuce, onions, garlic, lime juice, chili powder, cilantro and 2 cups of the chicken broth in a blender or food processor. Cover and blend until smooth.
- ☐ Pour the avocado mixture into a 2-quart saucepan.
- ☐ Add the remaining broth. Cover and cook over low heat for 10 minutes.
- ☐ Serve with the sour cream and red pepper.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:1.47, Inflammation Score:-10, Nutrition Score:18.676086892252%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 150.07kcal (7.5%), Fat: 10.74g (16.52%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 7.11g (2.58%), Sugar: 5.42g (6.03%), Cholesterol: 11.78mg (3.93%), Sodium: 919.52mg (39.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.25%), Vitamin C: 106.34mg (128.89%), Vitamin A: 4035.56IU (80.71%), Vitamin K: 29.61µg (28.2%), Fiber: 5.96g (23.83%), Folate: 85.61µg (21.4%), Vitamin E: 3.21mg (21.39%), Vitamin B6: 0.42mg (21.04%), Vitamin B2: 0.33mg (19.13%), Manganese: 0.36mg (17.91%), Potassium: 549.72mg (15.71%), Vitamin B3: 2.46mg (12.29%), Vitamin B5: 1.03mg (10.32%), Vitamin B1: 0.15mg (9.97%), Copper: 0.18mg (8.75%), Magnesium: 33.65mg (8.41%), Phosphorus: 78.03mg (7.8%), Iron: 1.34mg (7.42%), Zinc: 0.86mg (5.74%), Calcium: 50.62mg (5.06%), Selenium: 2.29µg (3.27%), Vitamin B12: 0.07µg (1.2%)