



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.

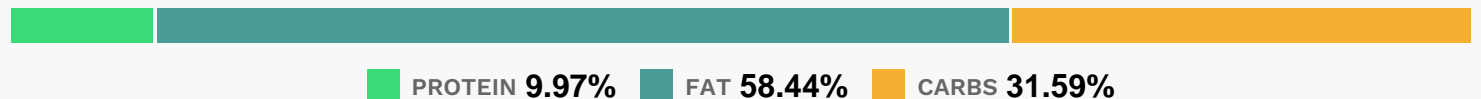
Place the avocado, lettuce, onions, garlic, lime juice, chili powder, cilantro and 2 cups of the chicken broth in a blender or food processor. Cover and blend until smooth.

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%)