



Mexican Tomatillo Avocado Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



106 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado chopped
- ☐ 2.5 cups chicken broth
- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 0.8 cucumber english peeled seeded finely chopped
- ☐ 1 garlic clove minced
- ☐ 2 tsp hot sauce green
- ☐ 2 tbsp juice of lime
- ☐ 1.5 teaspoons oregano leaves fresh minced

- ☐ 1.3 pounds tomatillos husked rinsed
- ☐ 1 onion white finely chopped

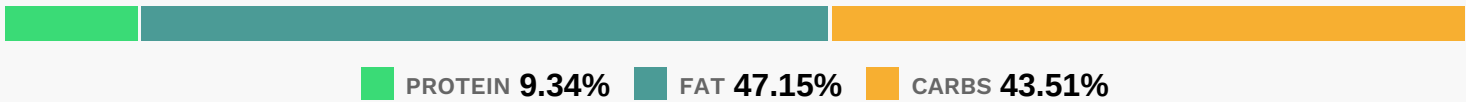
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Chop tomatillos coarsely. Pure half each of tomatillos, onion, and broth in a blender with garlic. Rub through a fine strainer into a stainless steel bowl; discard contents of strainer. Finely chop remaining tomatillos.
- ☐ Add remaining tomatillos, onion, and broth; cucumber; 2 tbsp. lime juice; 2 tsp. hot sauce; and the oregano to bowl and stir.
- ☐ Nest bowl in ice water; stir often until cold, 15 minutes.
- ☐ Add avocado and cilantro and, if you like, more lime juice and hot sauce.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:9.2334782545981%

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: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 106.21kcal (5.31%), Fat: 6.19g (9.52%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 8.05g (2.93%), Sugar: 5.89g (6.55%), Cholesterol: 1.96mg (0.65%), Sodium: 410.73mg (17.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin K: 26.61µg (25.34%), Vitamin C: 19.73mg (23.92%), Fiber: 4.79g (19.17%), Manganese: 0.33mg (16.32%), Potassium: 532.75mg (15.22%), Vitamin B3: 2.64mg (13.22%), Folate: 41.78µg (10.44%), Vitamin B6: 0.19mg (9.61%), Magnesium: 38.31mg (9.58%), Vitamin B2: 0.16mg (9.25%), Copper: 0.18mg (9.12%), Vitamin E: 1.22mg (8.11%), Vitamin B5: 0.75mg (7.52%), Phosphorus: 74.98mg (7.5%), Vitamin B1: 0.11mg (7.13%), Iron: 1.19mg (6.61%), Vitamin A: 225.48IU (4.51%), Zinc: 0.62mg (4.15%), Calcium: 34.62mg (3.46%), Selenium: 1.3µg (1.86%)