



Yummy Avocado Sopita

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups percent milk
- ☐ 3 medium avocados peeled halved seeded roughly chopped
- ☐ 4 servings basil leaves fresh finely chopped for garnishing
- ☐ 2 tablespoon optional: dill fresh chopped
- ☐ 2 garlic cloves peeled smashed
- ☐ 2 tablespoons olive oil
- ☐ 0.5 pound shrimp raw deveined peeled
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 4 servings sesame seed to taste
- ☐ 1 tablespoon butter unsalted
- ☐ 1 onion white chopped
- ☐ 0.5 bell pepper red yellow finely chopped

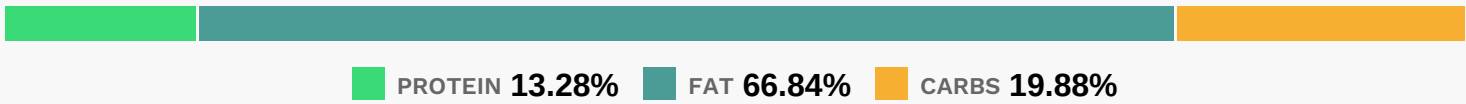
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Melt the butter in a medium skillet over medium-high heat.
- ☐ Add the onion, garlic and peppers and cook until soft, about 4 to 6 minutes, stirring occasionally.
- ☐ Add the dill, season with salt and pepper.
- ☐ Put the mixture in the blender jar.
- ☐ Add the avocado, and milk and 1 tablespoon of olive oil to the blender and puree. When completely smooth, transfer the puree to a bowl, cover, and refrigerate until chilled.
- ☐ Heat the remaining 1 tablespoon of the olive oil in a medium skillet over medium-high heat.
- ☐ Add the shrimp and cook until curled, pink and opaque, about 2 to 4 minutes. To serve, pour the chilled soup into small glasses or bowls, add a few of the shrimp to each glass and garnish with the basil, sesame seeds, and a drizzle of oil.
- ☐ *Cook's Note: We recommend Hass avocados for the smoothest avocado soupita.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:2.16, Inflammation Score:-8, Nutrition Score:28.517825893734%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 506.07kcal (25.3%), Fat: 39.55g (60.85%), Saturated Fat: 8.47g (52.94%), Carbohydrates: 26.47g (8.82%), Net Carbohydrates: 14.73g (5.36%), Sugar: 9.67g (10.75%), Cholesterol: 90.77mg (30.26%), Sodium: 404.07mg (17.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.35%), Vitamin C: 45.7mg (55.39%), Fiber: 11.74g (46.95%), Vitamin K: 45.18µg (43.03%), Phosphorus: 418.85mg (41.88%), Folate: 158.93µg (39.73%), Copper: 0.77mg (38.3%), Selenium: 24.27µg (34.67%), Vitamin B6: 0.68mg (33.92%), Vitamin E: 5.05mg (33.64%), Potassium: 1126.46mg (32.18%), Calcium: 319.69mg (31.97%), Vitamin B2: 0.51mg (30.2%), Vitamin B5: 2.88mg (28.77%), Manganese: 0.56mg (28.21%), Magnesium: 107.04mg (26.76%), Vitamin B12: 1.42µg (23.62%), Vitamin B3: 4.33mg (21.63%), Zinc: 2.95mg (19.7%), Vitamin B1: 0.25mg (16.94%), Vitamin A: 712.71IU (14.25%), Iron: 2.42mg (13.44%)