

Avocado-Jalapeno Chilled Soup

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Yield: 8 cups

4 avocados, pitted and peeled
1/2 cup fresh lemon juice
1 1/2 jalapenos, stemmed, seeded and chopped
1 sprig cilantro
1 clove garlic
big pinch Kosher salt
4 1/2 cups water
sliced radishes (for garnish)
flaked smoked trout (for garnish)

In a blender, combine the avocados, lemon juice, jalapenos, cilantro, garlic and Kosher salt.

Add the water and puree until very smooth, 1 to 2 minutes.

Taste and season with more salt, if necessary.

Refrigerate until chilled, at least one hour.

Ladle into bowls and top with radishes and trout for garnish.

This soup can be made two days ahead and stored in the refrigerator.

Per Serving (excluding unknown items): 1341 Calories; 123g Fat (75.5% calories from fat); 17g Protein; 73g Carbohydrate; 21g Dietary Fiber; 0mg Cholesterol; 118mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 4 Fruit; 24 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	1341	Vitamin B6 (mg):	2.4mg
% Calories from Fat:	75.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	19.9%	Thiamin B1 (mg):	.9mg
% Calories from Protein:	4.7%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	123g	Folacin (mcg):	523mcg
Saturated Fat (g):	20g	Niacin (mg):	16mg
Monounsaturated Fat (g):	77g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	16g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	73g	Food Exchanges	
Dietary Fiber (g):	21g	Grain (Starch):	0
Protein (g):	17g	Lean Meat:	0

Sodium (mg): 118mg
Potassium (mg): 5105mg
Calcium (mg): 148mg
Iron (mg): 9mg
Zinc (mg): 4mg
Vitamin C (mg): 140mg
Vitamin A (i.u.): 5339IU
Vitamin A (r.e.): 532 1/2RE

Vegetable: 1/2
Fruit: 4
Non-Fat Milk: 0
Fat: 24
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1341 **Calories from Fat:** 1012

% Daily Values*

Total Fat 123g	190%
Saturated Fat 20g	98%
Cholesterol 0mg	0%
Sodium 118mg	5%
Total Carbohydrates 73g	24%
Dietary Fiber 21g	86%
Protein 17g	
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Vitamin A	107%
Vitamin C	233%
Calcium	15%
Iron	52%

* Percent Daily Values are based on a 2000 calorie diet.