

Chilled Avocado Soup II

www.TheAmazingAvocado.com

Servings: 4

2 ripe Hass avocados
1 1/2 cups reduced-fat buttermilk
1 1/2 cups chicken (or vegetable)
broth
1 jalapeno pepper, seeded
1/4 cup fresh cilantro leaves
1 teaspoon ground cumin
1/2 teaspoon salt
hot pepper sauce (optional)

In a food processor or blender, process all of the ingredients until smooth.

Refrigerate until chilled.

Serve in chilled bowls. Add hot pepper sauce, if desired.

Per Serving (excluding unknown items): 3 Calories; trace Fat (32.2% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 268mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 3 |
| % Calories from Fat: | 32.2% |
| % Calories from Carbohydrates: | 51.0% |
| % Calories from Protein: | 16.8% |
| Total Fat (g): | trace |
| Saturated Fat (g): | trace |
| Monounsaturated Fat (g): | trace |
| Polyunsaturated Fat (g): | trace |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | trace |
| Dietary Fiber (g): | trace |
| Protein (g): | trace |
| Sodium (mg): | 268mg |
| Potassium (mg): | 22mg |
| Calcium (mg): | 7mg |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | trace |
| Vitamin B12 (mcg): | 0mcg |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | trace |
| Folacin (mcg): | 2mcg |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.00% |

Food Exchanges

| | |
|-----------------|---|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 0 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |

| | | | |
|--------------------------|-------|-----------------------------|---|
| Iron (mg): | trace | Fat: | 0 |
| Zinc (mg): | trace | Other Carbohydrates: | 0 |
| Vitamin C (mg): | 2mg | | |
| Vitamin A (i.u.): | 79IU | | |
| Vitamin A (r.e.): | 8RE | | |

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 3 Calories from Fat: 1

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | trace | 0% |
| Saturated Fat | trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 268mg | 11% |
| Total Carbohydrates | trace | 0% |
| Dietary Fiber | trace | 1% |
| Protein | trace | |

| | |
|------------------|----|
| Vitamin A | 2% |
| Vitamin C | 3% |
| Calcium | 1% |
| Iron | 2% |

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