

Gazpacho with Avocados

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Servings: 4

SOUP

1 1/2 pounds tomatoes, cored (but not peeled)

1 medium cucumber, peeled and seeded

1/2 red onion

1/2 red pepper

2 medium radishes, `

1 stalk celery

1/4 cup fresh parsley leaves

1 clove garlic

1/2 teaspoon salt

1 teaspoon sherry vinegar

1 tablespoon extra-virgin olive oil

1/4 teaspoon freshly ground black pepper

1 Hass avocado

MOUSSE

1 Hass avocado

1 shallot, grated

1/2 cup sour cream

1 teaspoon cilantro, chopped

pinch salt

For the soup: Prep the vegetables. Core out the tomatoes, peel and seed the cucumber, top and tail the radishes, etc. Cut the vegetables into medium-sized chunks.

Place the vegetables in a food processor. Pulse until puree'd.

Remove the puree' to a bowl. Season with salt, vinegar, olive oil and black pepper. Taste and adjust as necessary.

Chill until cold. (Best used on the same day that it is made.)

For the Mousse: Peel the avocado. Place in a small bowl. Mash with a fork.

Add the shallot, sour cream and cilantro. Whisk to combine. Season with a pinch of salt.

To serve: Ladle into chilled bowls. Garnish with the avocado mousse.

Per Serving (excluding unknown items): 151 Calories; 10g Fat (56.1% calories from fat); 3g Protein; 14g Carbohydrate; 3g Dietary Fiber; 13mg Cholesterol; 308mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):

151

Vitamin B6 (mg):

.2mg

% Calories from Fat:	56.1%
% Calories from Carbohydrates:	35.7%
% Calories from Protein:	8.2%
Total Fat (g):	10g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	13mg
Carbohydrate (g):	14g
Dietary Fiber (g):	3g
Protein (g):	3g
Sodium (mg):	308mg
Potassium (mg):	600mg
Calcium (mg):	66mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	65mg
Vitamin A (i.u.):	2528IU
Vitamin A (r.e.):	297 1/2RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	48mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 151 Calories from Fat: 85

% Daily Values*

Total Fat	10g	16%
Saturated Fat	4g	22%
Cholesterol	13mg	4%
Sodium	308mg	13%
Total Carbohydrates	14g	5%
Dietary Fiber	3g	13%
Protein	3g	

Vitamin A	51%
Vitamin C	108%
Calcium	7%
Iron	6%

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