

Asian Avocado Soup

Roxanne Chan - 2010 Big Hit Week One Recipe Contest Winner
www.TheAmazingAvocado.com

Servings: 6

2 cans (14.5 ounce ea) fat-free
reduced-sodium chicken broth
2 large Haas avocados, diced
1 can (13 ounce) unsweetened light
coconut milk
1/2 cup low-fat plain yogurt
1 tablespoon lime juice
1 teaspoon green curry paste
1 large clove garlic, pressed
1 green onion, minced
2 tablespoons snipped cilantro
lime zest (for garnish)
pumpkin seeds (for garnish)

In a blender, place the broth, avocados, coconut milk, yogurt, lime juice, curry paste, garlic, green onion and cilantro. Process until smooth. (Best done in two batches.)

Chill, covered, until cold, at least one hour.

At serving time, garnish with lime zest and pumpkin seeds.

Per Serving (excluding unknown items): 2 Calories; trace Fat (2.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 0 Fruit.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	2
% Calories from Fat:	2.5%
% Calories from Carbohydrates:	84.7%
% Calories from Protein:	12.9%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	1g

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
% Daily Value*	0%

Food Exchanges

Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	1mg	Vegetable:	0
Potassium (mg):	12mg	Fruit:	0
Calcium (mg):	3mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	10IU		
Vitamin A (r.e.):	1RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 2 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	2%
Calcium	0%
Iron	0%

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