

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
% Calories from Fat:	75.5%
% Calories from Carbohydrates:	19.9%
% Calories from Protein:	4.7%
Total Fat (g):	123g
Saturated Fat (g):	20g
Monounsaturated Fat (g):	77g
Polyunsaturated Fat (g):	16g
Cholesterol (mg):	0mg
Carbohydrate (g):	73g
Dietary Fiber (g):	21g
Protein (g):	17g

Vitamin B6 (mg):	2.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.9mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	523mcg
Niacin (mg):	16mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	100%

Food Exchanges

Grain (Starch):	0
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	
Vitamin A		107%
Vitamin C		233%
Calcium		15%
Iron		52%

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