

Chilled Avocado Soup

Hazel Sellers - Albany, GA
Southern Living - 1987 Annual Recipes

Yield: 5 1/4 cups

1 large avocado, coarsely chopped
1/4 cup onion, coarsely chopped
2 cans (10-1/2 ounce ea) consomme',
divided
1 carton (8 ounce) sour cream
1/8 teaspoon chili powder
1/8 teaspoon ground red pepper

In the bowl of an electric blender, combine the avocado, onion and one can of consomme'. Cover and blend at high speed for 1 to 2 minutes or until puree'd.

Pour into a mixing bowl. Stir in the remaining consomme', sour cream, chili powder and red pepper.

Cover and chill for one to two hours.

Per Serving (excluding unknown items): 833 Calories; 79g Fat (81.6% calories from fat); 12g Protein; 28g Carbohydrate; 6g Dietary Fiber; 102mg Cholesterol; 147mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fruit; 1/2 Non-Fat Milk; 15 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	833	Vitamin B6 (mg):	.6mg
% Calories from Fat:	81.6%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	13.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	5.4%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	79g	Folacin (mcg):	157mcg
Saturated Fat (g):	35g	Niacin (mg):	4mg
Monounsaturated Fat (g):	33g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	102mg	% Daily Value*	on on%
Carbohydrate (g):	28g	Food Exchanges	
Dietary Fiber (g):	6g	Grain (Starch):	0
Protein (g):	12g	Lean Meat:	0
Sodium (mg):	147mg	Vegetable:	1/2

Potassium (mg): 1604mg
Calcium (mg): 299mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 21mg
Vitamin A (i.u.): 3164IU
Vitamin A (r.e.): 679 1/2RE

Fruit: 1
Non-Fat Milk: 1/2
Fat: 15 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 833 Calories from Fat: 680

% Daily Values*

Total Fat	79g	122%
Saturated Fat	35g	175%
Cholesterol	102mg	34%
Sodium	147mg	6%
Total Carbohydrates	28g	9%
Dietary Fiber	6g	23%
Protein	12g	
Vitamin A		63%
Vitamin C		35%
Calcium		30%
Iron		13%

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