

# Cold Avocado Soup

Mr. James Carr McAdams

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 6

1 1/2 avocados, diced  
1 can (14 ounce) chicken broth OR  
1-3/4 cup fresh chicken stock  
juice of one lemon  
1 clove garlic  
1/2 pint whipping cream  
1 carton (8 ounce) sour cream  
salt (to taste)  
pepper (to taste)  
Tabasco sauce (to taste)

Place all of the ingredients in a blender. Blend thoroughly.

Chill in the refrigerator for several hours before serving.

Surround each bowl with crushed ice. Garnish with a dab of sour cream and a sprig of fresh parsley.

Per Serving (excluding unknown items): 301 Calories; 30g Fat (87.6% calories from fat); 3g Protein; 7g Carbohydrate; 1g Dietary Fiber; 71mg Cholesterol; 40mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 6 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	301	Vitamin B6 (mg):	.2mg
% Calories from Fat:	87.6%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	8.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	30g	Folacin (mcg):	37mcg
Saturated Fat (g):	15g	Niacin (mg):	1mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	71mg	% Refused:	0.0%
Carbohydrate (g):	7g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	40mg	Vegetable:	0

**Potassium (mg):** 388mg  
**Calcium (mg):** 77mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 5mg  
**Vitamin A (i.u.):** 1193IU  
**Vitamin A (r.e.):** 288 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 6  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 301 Calories from Fat: 263

### % Daily Values\*

<b>Total Fat</b>	30g	47%
Saturated Fat	15g	77%
<b>Cholesterol</b>	71mg	24%
<b>Sodium</b>	40mg	2%
<b>Total Carbohydrates</b>	7g	2%
Dietary Fiber	1g	5%
<b>Protein</b>	3g	

<b>Vitamin A</b>	24%
<b>Vitamin C</b>	8%
<b>Calcium</b>	8%
<b>Iron</b>	3%

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