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Spicy Cucumber-Avocado Soup ♦

This Spicy Cucumber-Avocado Soup is a refreshing and healthy option for hot summer days. It combines the creaminess of avocado with the freshness of cucumber and a kick of spice from jalapeno. It can be enjoyed as a light lunch or a starter before a main course. The soup is vegan, gluten-free, and packed with nutrients.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	cucumber
200 g	Avocado
10 g	Jalapeno
2 tbsp	lime juice
10 g	Cilantro

1 tsp salt

250 ml water

Directions

Step 1

Cut

Peel and chop the cucumber and avocado.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Remove the seeds from the jalapeno and chop it.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blender

In a blender, combine the cucumber, avocado, jalapeno, lime juice, cilantro, salt, and water.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Blender

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Refrigerating

Chill in the refrigerator for at least 1 hour before serving.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 15 g

Protein: 5 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	10 g	26.32%	40%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	5 mg	33.33%	33.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	2 mg	25%	11.11%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer

Fall

Events

Easter

Cuisines

Italian

French

Mediterranean

Course

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Hanukkah

Oktoberfest

Demographics

Senior Friendly

Heart Healthy

Diet

Vegan Diet

Raw Food Diet

Ovo-Vegetarian Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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