



Liver Love Soup

3 servings

10 minutes

Ingredients

- 2 eaches Avocado
- 2 cups Water
- 1/16 fl oz Bone Broth
- 3 tbsps Lemon
- 1/2 cup Cilantro
- 1/2 cup Parsley
- 2 Garlic (Diced cloves)
- 2 tbsps Italian Seasoning
- 1 Sea Salt & Black Pepper (To Taste)

Directions

- 1 Boil water and broth. Put all ingredients in blender and blend to smooth. Enjoy warm or cold.

Nutrition

Amount per serving	
Calories	163
Fat	30g
Saturated	4g
Trans	0g
Polyunsaturated	4g
Monounsaturated	20g
Carbs	11g
Fiber	7g
Sugar	2g
Protein	5g
Cholesterol	0mg
Sodium	26mg
Potassium	1080mg
Vitamin A	1036IU
Vitamin C	42mg
Calcium	63mg
Iron	2mg
Vitamin D	0IU
Vitamin E	4mg
Vitamin K	217µg



Thiamine	0.1mg
Riboflavin	0.3mg
Niacin	4mg
Vitamin B6	0.6mg
Folate	183µg
Vitamin B12	0µg
Phosphorous	118mg
Magnesium	69mg
Zinc	1mg
Selenium	1µg