



Avocado Aioli



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 1 medium avocado from mexico very ripe
- ☐ 1 tablespoon basil chopped
- ☐ 0.3 cup yogurt plain fat-free greek-style
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon salt

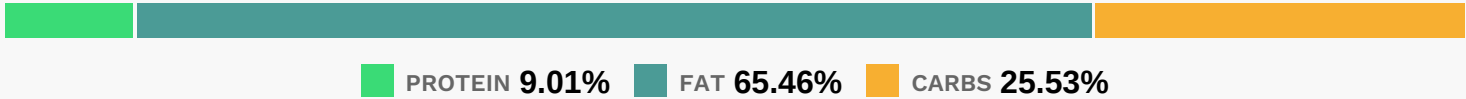
Equipment

☐ food processor

Directions

☐ Combine the avocado, yogurt, basil, garlic, lemon juice, salt and black pepper in a food processor and process until just smooth. Use immediately or store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:2.8278261034385%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 47.39kcal (2.37%), Fat: 3.72g (5.72%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.97g (1.08%), Cholesterol: 0.2mg (0.07%), Sodium: 155.12mg (6.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Fiber: 1.72g (6.88%), Vitamin K: 6.45µg (6.14%), Folate: 21.9µg (5.48%), Potassium: 153.14mg (4.38%), Vitamin B5: 0.42mg (4.21%), Vitamin B6: 0.08mg (4.01%), Vitamin C: 3.13mg (3.79%), Vitamin E: 0.52mg (3.5%), Vitamin B2: 0.06mg (3.4%), Phosphorus: 30.53mg (3.05%), Manganese: 0.06mg (3%), Copper: 0.05mg (2.68%), Calcium: 25.53mg (2.55%), Magnesium: 9.72mg (2.43%), Vitamin B3: 0.46mg (2.29%), Zinc: 0.27mg (1.81%), Vitamin B1: 0.02mg (1.57%), Vitamin B12: 0.06µg (1.04%), Vitamin A: 51.03IU (1.02%)