



Avocado Butter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados ripe
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 teaspoon salt

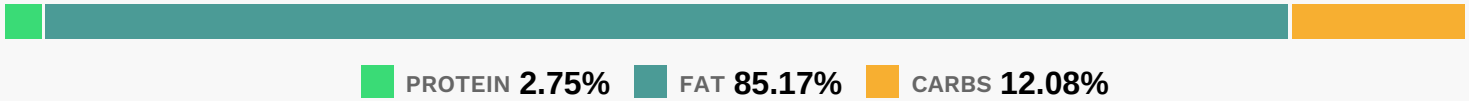
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Cut avocados in half. Scoop pulp into a food processor or blender.
- ☐ Add lime juice and next 4 ingredients; process until smooth, stopping to scrape down sides. With processor running, pour oil in a slow, steady stream through food chute; process until smooth. Chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.45, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.9330434705252%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg

Nutrients (% of daily need)

Calories: 56.35kcal (2.82%), Fat: 5.66g (8.7%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.15g (0.16%), Cholesterol: 0mg (0%), Sodium: 30.56mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin K: 5.88µg (5.6%), Fiber: 1.36g (5.43%), Vitamin E: 0.81mg (5.4%), Folate: 16.38µg (4.1%), Potassium: 99.04mg (2.83%), Vitamin B5: 0.28mg (2.8%), Vitamin C: 2.24mg (2.72%), Vitamin B6: 0.05mg (2.63%), Copper: 0.04mg (1.94%), Vitamin B3: 0.35mg (1.76%), Vitamin B2: 0.03mg (1.55%), Manganese: 0.03mg (1.54%), Magnesium: 5.94mg (1.49%), Phosphorus: 10.69mg (1.07%)