



Avocado & citrus dip with spicy spuds & tortilla chips

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



331 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 small avocado ripe
- ☐ 200 g yogurt
- ☐ 1 lime zest
- ☐ 0.5 juice of lemon
- ☐ 8 servings baby potatoes
- ☐ 2 tbsp olive oil
- ☐ 1 tsp chili powder hot

- ☐ 1 tsp cumin seeds
- ☐ 200 g tortilla chips

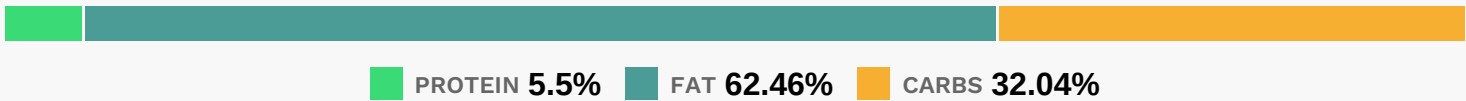
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Whizz half the avocado flesh with the yogurt, lime and lemon juice and seasoning. Dice the remaining avocado, then gently stir into the whizzed mix with most of the lime zest. Cover, then chill until ready to serve.
- ☐ Boil potatoes for 6 mins, then drain well and toss with olive oil, chilli powder and cumin seeds. Now set aside until half an hour before your guests arrive.
- ☐ Heat oven to 200C/180C fan/gas 6, then roast potatoes for about 30 mins, shaking the tray halfway, until golden and tender.
- ☐ Transfer the dip to one or two bowls, scatter with the remaining lime zest and serve with the hot potatoes, and tortilla chips for dipping.

Nutrition Facts



Properties

Glycemic Index:22.47, Glycemic Load:1.3, Inflammation Score:-6, Nutrition Score:12.376956480353%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 330.62kcal (16.53%), Fat: 24.39g (37.52%), Saturated Fat: 3.87g (24.16%), Carbohydrates: 28.16g (9.38%), Net Carbohydrates: 19.66g (7.15%), Sugar: 2.25g (2.5%), Cholesterol: 3.25mg (1.08%), Sodium: 106.83mg (4.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Fiber: 8.49g (33.96%), Vitamin K: 28.93µg (27.55%), Vitamin E: 3.64mg (24.27%), Folate: 87.48µg (21.87%), Vitamin B5: 1.82mg (18.16%), Potassium: 597.67mg (17.08%), Vitamin C: 13.56mg (16.43%), Vitamin B6: 0.33mg (16.33%), Magnesium: 55.45mg (13.86%), Phosphorus: 136.81mg (13.68%), Copper: 0.23mg (11.5%), Vitamin B2: 0.19mg (11.17%), Vitamin B3: 2.06mg (10.29%), Manganese: 0.16mg (8.03%), Zinc: 1.18mg (7.84%), Vitamin B1: 0.12mg (7.72%), Calcium: 75.4mg (7.54%), Iron: 1.26mg (6.98%), Vitamin A: 279.95IU (5.6%), Selenium: 2.17µg (3.1%), Vitamin B12: 0.09µg (1.54%)