

Avocado Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 1 medium avocado pitted peeled cut into chunks
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup cup heavy whipping cream fat-free sour

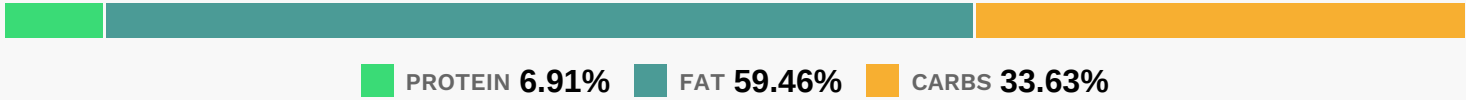
Equipment

- ☐ bowl
- ☐ blender

Directions

☐ Place first 3 ingredients in a blender; process until smooth. Spoon pureed mixture into a small bowl; stir in cilantro. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:4.2752173931702%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 82.88kcal (4.14%), Fat: 5.91g (9.1%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 4.81g (1.75%), Sugar: 0.46g (0.51%), Cholesterol: 2.07mg (0.69%), Sodium: 35.44mg (1.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.09%), Fiber: 2.72g (10.89%), Folate: 35.79µg (8.95%), Vitamin K: 8.97µg (8.55%), Vitamin C: 5.86mg (7.11%), Potassium: 232.49mg (6.64%), Vitamin B5: 0.57mg (5.67%), Vitamin E: 0.85mg (5.66%), Vitamin B6: 0.11mg (5.52%), Vitamin B2: 0.09mg (5.17%), Phosphorus: 43.67mg (4.37%), Copper: 0.08mg (4.1%), Vitamin B3: 0.73mg (3.63%), Magnesium: 14.48mg (3.62%), Calcium: 34.52mg (3.45%), Manganese: 0.06mg (2.94%), Vitamin A: 131.14IU (2.62%), Vitamin B1: 0.04mg (2.52%), Zinc: 0.38mg (2.52%), Selenium: 1.39µg (1.98%), Iron: 0.23mg (1.27%), Vitamin B12: 0.07µg (1.15%)