



Avocado Crema



Vegetarian



Gluten Free

READY IN



8 min.

SERVINGS



12

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 2 avocados pitted ripe halved
- ☐ 1 garlic clove peeled
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat

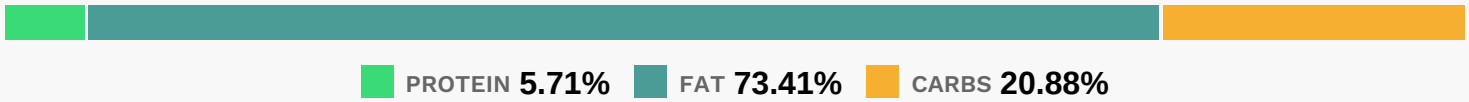
Equipment

- ☐ food processor

Directions

- ☐ Place garlic in food processor; process until minced. Scoop pulp from avocados; add to food processor.
- ☐ Add remaining ingredients; process until smooth.
- ☐ Kids can Help: After you remove the pits from the avocados, kids can help scoop out the flesh with a large spoon.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:3.2708695867787%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 67.79kcal (3.39%), Fat: 5.96g (9.17%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.28g (0.31%), Cholesterol: 3.35mg (1.12%), Sodium: 107.41mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.09%), Fiber: 2.27g (9.06%), Folate: 28.39µg (7.1%), Vitamin K: 7.1µg (6.76%), Potassium: 187.5mg (5.36%), Vitamin C: 4.08mg (4.95%), Vitamin E: 0.73mg (4.86%), Vitamin B5: 0.47mg (4.69%), Vitamin B6: 0.09mg (4.61%), Copper: 0.07mg (3.36%), Vitamin B2: 0.06mg (3.29%), Vitamin B3: 0.6mg (2.99%), Magnesium: 11.19mg (2.8%), Manganese: 0.06mg (2.76%), Phosphorus: 25.28mg (2.53%), Calcium: 19.08mg (1.91%), Vitamin B1: 0.03mg (1.85%), Zinc: 0.27mg (1.81%), Vitamin A: 82.36IU (1.65%), Iron: 0.25mg (1.41%)