



Avocado Crema

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



222 kcal

SIDE DISH

Ingredients

- 1 medium avocado cut in half lengthwise, peel and pit removed
- 0.5 cup cilantro leaves fresh coarsely chopped
- 0.5 teaspoon kosher salt
- 2 tablespoons juice of lime freshly squeezed (from 1 medium lime)
- 0.3 cup cream sour

Equipment

- food processor
- bowl

plastic wrap

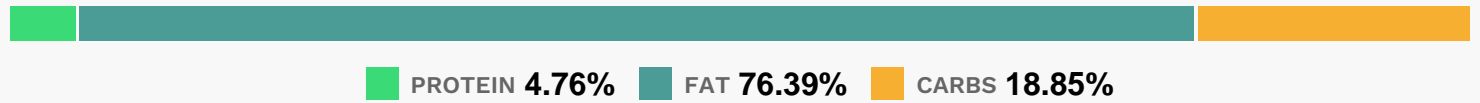
spatula

Directions

Place all of the ingredients in the bowl of a food processor fitted with a blade attachment and process until smooth, stopping and scraping down the sides of the bowl with a rubber spatula as needed.

Transfer the crema to a small bowl. If not using immediately, press a sheet of plastic wrap onto the surface and refrigerate for up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.75, Inflammation Score:-6, Nutrition Score:10.934347795404%

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: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 222.4kcal (11.12%), Fat: 20.38g (31.36%), Saturated Fat: 5.05g (31.54%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 4.41g (1.6%), Sugar: 1.93g (2.15%), Cholesterol: 16.96mg (5.65%), Sodium: 599.46mg (26.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin K: 34.03µg (32.41%), Fiber: 6.91g (27.62%), Folate: 87.11µg (21.78%), Vitamin C: 15.89mg (19.26%), Potassium: 561.87mg (16.05%), Vitamin E: 2.32mg (15.48%), Vitamin B5: 1.53mg (15.34%), Vitamin B6: 0.28mg (14.09%), Vitamin A: 603.26IU (12.07%), Vitamin B2: 0.19mg (11.04%), Copper: 0.21mg (10.48%), Vitamin B3: 1.84mg (9.21%), Magnesium: 34.28mg (8.57%), Manganese: 0.17mg (8.36%), Phosphorus: 78.13mg (7.81%), Vitamin B1: 0.08mg (5.3%), Zinc: 0.77mg (5.14%), Calcium: 46.24mg (4.62%), Iron: 0.66mg (3.68%), Selenium: 1.52µg (2.17%), Vitamin B12: 0.06µg (1.01%)