



Avocado-Cumin Sour Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

Ingredients

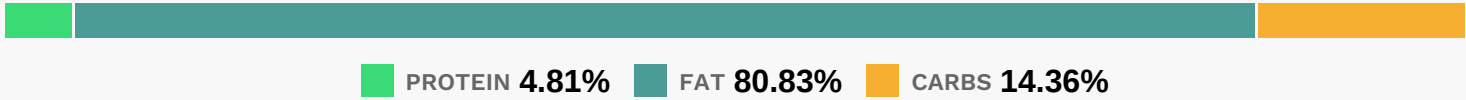
- ☐ 1 avocado
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime
- ☐ 4 servings salt and pepper
- ☐ 8 oz cup heavy whipping cream sour

Equipment

Directions

- ☐ Stir together 1 (8-oz.) container sour cream; 1 avocado, mashed; 1/4 cup chopped fresh cilantro; 1 Tbsp. lime juice; 1/2 tsp. ground cumin; and salt and pepper to taste.
- ☐ Serve with tortilla chips, vegetable chips, or cherry tomatoes.
- ☐ Note: Can be made up to two days in advance.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:6.5543477949889%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 194.77kcal (9.74%), Fat: 18.45g (28.38%), Saturated Fat: 6.8g (42.51%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 3.94g (1.43%), Sugar: 2.34g (2.6%), Cholesterol: 33.45mg (11.15%), Sodium: 215.84mg (9.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin K: 14.54µg (13.85%), Fiber: 3.44g (13.74%), Folate: 45.12µg (11.28%), Vitamin A: 499.13IU (9.98%), Vitamin B2: 0.16mg (9.62%), Potassium: 328.69mg (9.39%), Vitamin B5: 0.9mg (8.99%), Vitamin E: 1.3mg (8.65%), Vitamin C: 6.95mg (8.42%), Vitamin B6: 0.16mg (7.82%), Phosphorus: 71.47mg (7.15%), Calcium: 66.94mg (6.69%), Copper: 0.11mg (5.56%), Magnesium: 21.72mg (5.43%), Vitamin B3: 0.95mg (4.77%), Manganese: 0.09mg (4.57%), Zinc: 0.53mg (3.53%), Selenium: 2.33µg (3.32%), Vitamin B1: 0.05mg (3.21%), Iron: 0.5mg (2.8%), Vitamin B12: 0.12µg (1.98%)