



Avocado Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 medium avocado pitted ripe peeled
- 8 ounces weight cream cheese fat-free
- 0.3 cup yogurt plain
- 0.3 cup picante sauce
- 1 tablespoon juice of lime
- 0.5 teaspoon salt
- 0.3 teaspoon garlic powder
- 1 serving tortilla chips

Equipment

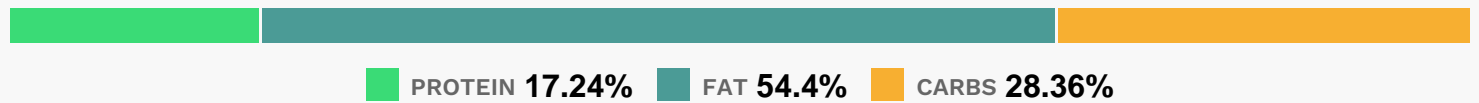
bowl

Directions

In a small bowl, mash avocados and cream cheese until smooth. Stir in the yogurt, picante sauce, lime juice, salt and garlic powder.

Serve with chips. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:6.0091304178147%

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: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg 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: 109.47kcal (5.47%), Fat: 7g (10.77%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 5.2g (1.89%), Sugar: 2.27g (2.52%), Cholesterol: 3.78mg (1.26%), Sodium: 348.17mg (15.14%), Alcohol: 0g (100%), Protein: 4.99g (9.98%), Phosphorus: 156.87mg (15.69%), Fiber: 3.01g (12.05%), Folate: 41.94µg (10.48%), Calcium: 100.05mg (10%), Vitamin K: 9.46µg (9.01%), Potassium: 300.81mg (8.59%), Vitamin B5: 0.83mg (8.34%), Vitamin B2: 0.13mg (7.59%), Vitamin E: 1.05mg (7%), Vitamin B6: 0.14mg (6.97%), Vitamin C: 4.68mg (5.67%), Magnesium: 21.46mg (5.37%), Copper: 0.09mg (4.73%), Zinc: 0.71mg (4.7%), Vitamin B3: 0.88mg (4.41%), Vitamin B12: 0.25µg (4.09%), Manganese: 0.07mg (3.62%), Vitamin B1: 0.05mg (3.07%), Vitamin A: 121.23IU (2.42%), Selenium: 1.67µg (2.39%), Iron: 0.35mg (1.97%)