



Avocado Dip I



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados
- ☐ 0.3 cup olives black sliced
- ☐ 0.5 cup bell pepper green
- ☐ 2 green onions chopped
- ☐ 0.5 cup lettuce shredded
- ☐ 1 cup mayonnaise
- ☐ 32 ounce refried beans canned
- ☐ 3 cups cheddar cheese shredded

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 ounce taco seasoning
- ☐ 1 large tomatoes fresh chopped

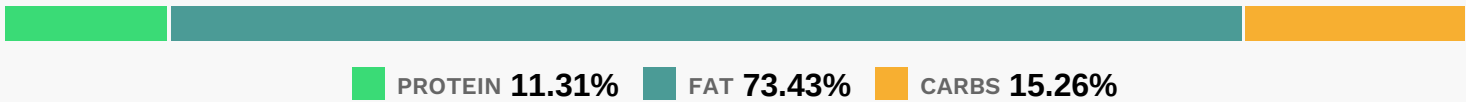
Equipment

- ☐ food processor

Directions

- ☐ Spread refried beans evenly on a medium sized serving platter. If the beans are watery, chill for 20 to 30 minutes.
- ☐ Peel the avocados and remove the pits. In a food processor, blend the avocados with the mayonnaise, sour cream and taco seasoning until smooth.
- ☐ Pour over the refried beans. Top with cheddar cheese.
- ☐ Add lettuce, tomatoes, green onions, green pepper and black olives if desired. Refrigerate until serving.
- ☐ Serve with your favorite tortilla chips.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:1.99, Inflammation Score:-5, Nutrition Score:8.4686957027601%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 298.46kcal (14.92%), Fat: 24.52g (37.72%), Saturated Fat: 7.74g (48.39%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 6.71g (2.44%), Sugar: 3.06g (3.4%), Cholesterol: 35.55mg (11.85%), Sodium: 736.73mg (32.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.5g (17%), Vitamin K: 33.74µg (32.13%), Calcium: 191.35mg (19.13%), Fiber: 4.75g (19%), Vitamin A: 707.44IU (14.15%), Phosphorus: 128.72mg (12.87%), Vitamin C: 9.09mg (11.01%), Selenium: 6.98µg (9.97%), Vitamin B2: 0.16mg (9.31%), Vitamin E: 1.36mg (9.09%), Folate: 30.21µg (7.55%), Zinc: 1.04mg (6.95%), Potassium: 202.24mg (5.78%), Vitamin B6: 0.11mg (5.41%), Vitamin B5: 0.53mg (5.27%), Iron: 0.93mg (5.17%), Vitamin B12: 0.27µg (4.53%), Magnesium: 16.99mg (4.25%), Copper: 0.07mg (3.71%), Manganese: 0.06mg (3.21%), Vitamin B3: 0.57mg (2.84%), Vitamin B1: 0.04mg (2.42%), Vitamin D: 0.16µg (1.03%)