



Avocado Dressing II

READY IN



15 min.

SERVINGS



8

CALORIES



111 kcal

SIDE DISH

Ingredients

- 1 large avocado diced ripe peeled
- 1 tablespoon curry powder
- 2 cloves garlic minced
- 1 juice of lemon juiced
- 1 ounce onion soup mix french
- 8 ounce cup heavy whipping cream sour

Equipment

- blender

Directions

- Place avocado, sour cream, onion soup mix, garlic, curry powder, and lemon juice into blender container. Blend on high speed until smooth.
- Pour into glass jar and chill.

Nutrition Facts

 **PROTEIN 5.51%**  **FAT 71.6%**  **CARBS 22.89%**

Properties

Glycemic Index:9.38, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:4.0417391631914%

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 Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 111.1kcal (5.55%), Fat: 9.32g (14.34%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 4.51g (1.64%), Sugar: 1.42g (1.58%), Cholesterol: 16.73mg (5.58%), Sodium: 295.7mg (12.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Fiber: 2.19g (8.77%), Vitamin K: 6.51µg (6.2%), Folate: 23.98µg (5.99%), Vitamin B6: 0.12mg (5.82%), Potassium: 201.29mg (5.75%), Vitamin C: 4.66mg (5.65%), Vitamin B2: 0.09mg (5.5%), Manganese: 0.11mg (5.38%), Vitamin E: 0.8mg (5.36%), Vitamin B5: 0.48mg (4.84%), Phosphorus: 46.15mg (4.62%), Vitamin A: 221.52IU (4.43%), Calcium: 41.88mg (4.19%), Copper: 0.07mg (3.72%), Magnesium: 14.56mg (3.64%), Vitamin B3: 0.55mg (2.75%), Vitamin B1: 0.04mg (2.45%), Iron: 0.44mg (2.44%), Selenium: 1.57µg (2.24%), Zinc: 0.34mg (2.23%)