



Avocado Goat Cheese Dip with Whole-Wheat Pita Chips

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



308 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 avocados pitted ripe peeled cut into chunks
- ☐ 4 ounces cream cheese
- ☐ 2 cloves garlic minced
- ☐ 4 ounces goat cheese
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 tablespoons juice of lime
- ☐ 1 package pita chips whole-wheat cut into 6 triangles each

☐

0.3 teaspoon salt plus more, if needed

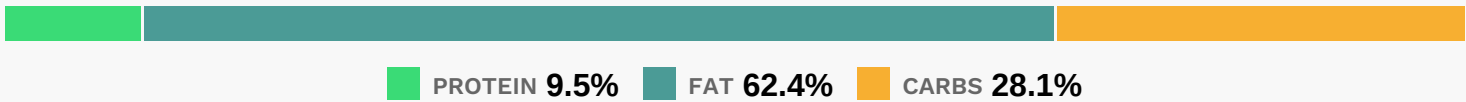
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Spread pita triangles on a sheet tray.
- ☐ Bake in the oven until crisp and slightly toasted. Chips will need to be rotated twice while baking.
- ☐ In a bowl combine avocados, garlic, cumin and salt. Use an electric hand mixer to mix ingredients together.
- ☐ Add lime juice, cream cheese and goat cheese pulsing until smooth and blended well.
- ☐ Add a bit more salt, if necessary.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:11.723478218784%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 307.74kcal (15.39%), Fat: 22.21g (34.17%), Saturated Fat: 6.82g (42.64%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 16.59g (6.03%), Sugar: 2.27g (2.53%), Cholesterol: 20.84mg (6.95%), Sodium: 356.54mg (15.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.21%), Fiber: 5.91g (23.64%), Folate: 93.32µg (23.33%), Vitamin E: 3.2mg (21.32%), Vitamin K: 16.69µg (15.9%), Vitamin B2: 0.25mg (14.81%), Vitamin B3: 2.9mg (14.5%), Copper: 0.28mg (14.22%), Manganese: 0.28mg (14%), Vitamin B6: 0.27mg (13.61%), Vitamin B5: 1.34mg (13.42%), Selenium: 9.07µg (12.96%), Vitamin B1: 0.19mg (12.43%), Potassium: 427.22mg (12.21%), Phosphorus: 119.56mg (11.96%), Vitamin C: 9.47mg (11.48%), Iron: 1.78mg (9.87%), Vitamin A: 451.31IU (9.03%), Magnesium: 34.36mg (8.59%), Zinc: 0.91mg (6.05%), Calcium: 49.61mg (4.96%)