



## Avocado Green Goddess Dressing

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



314 kcal

SIDE DISH

### Ingredients

- 5 anchovy filets rinsed chopped
- 1 avocado pitted peeled
- 1 clove garlic chopped
- 2 tablespoons green onion chopped
- 1 tablespoon juice of lemon
- 1 cup mayonnaise
- 6 servings salt and pepper to taste

### Equipment

blender

## Directions

In a blender combine the avocado, mayonnaise, anchovies, green onion, lemon juice, garlic, and salt and pepper. Process until smooth, then chill for 24 hours before serving.

## Nutrition Facts

**PROTEIN 2.24%** **FAT 93.3%** **CARBS 4.46%**

## Properties

Glycemic Index:25.33, Glycemic Load:0.43, Inflammation Score:-2, Nutrition Score:6.8773913694465%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 313.77kcal (15.69%), Fat: 33.02g (50.81%), Saturated Fat: 5.13g (32.04%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.55g (0.61%), Cholesterol: 17.68mg (5.89%), Sodium: 437.1mg (19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.57%), Vitamin K: 72.04µg (68.61%), Vitamin E: 1.95mg (13.01%), Fiber: 2.31g (9.26%), Folate: 31.1µg (7.77%), Vitamin C: 4.85mg (5.88%), Vitamin B5: 0.56mg (5.59%), Potassium: 192.85mg (5.51%), Vitamin B3: 1.07mg (5.33%), Vitamin B6: 0.1mg (5.12%), Copper: 0.08mg (4.07%), Vitamin B2: 0.06mg (3.63%), Phosphorus: 32.76mg (3.28%), Selenium: 2.3µg (3.28%), Manganese: 0.06mg (3.24%), Magnesium: 12.14mg (3.03%), Zinc: 0.34mg (2.29%), Iron: 0.41mg (2.29%), Vitamin B1: 0.03mg (2.05%), Vitamin A: 94.98IU (1.9%), Calcium: 14.52mg (1.45%), Vitamin B12: 0.07µg (1.09%)