



Avocado Lime Ranch Dip

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



348 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium haas avocados pitted halved
- 0.5 cup cream sour
- 0.5 cup mayonnaise
- 1 clove garlic
- 0.3 cup cilantro leaves fresh loosely packed
- 1 tablespoon juice of lime
- 1 serving bread

Equipment

food processor

blender

Directions

Scoop avocado flesh away from skin; place in food processor or blender.

Add remaining Dip ingredients. Cover; process or blend on high speed until all ingredients are well combined.

Garnish dip with additional cilantro.

Serve with sweet potato chips.

Nutrition Facts

 **PROTEIN 3.27%** **FAT 86.19%** **CARBS 10.54%**

Properties

Glycemic Index:55.42, Glycemic Load:2.33, Inflammation Score:-4, Nutrition Score:9.1726087487262%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 347.79kcal (17.39%), Fat: 34.17g (52.57%), Saturated Fat: 7.3g (45.64%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 5.55g (2.02%), Sugar: 1.86g (2.07%), Cholesterol: 28.72mg (9.57%), Sodium: 222.39mg (9.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin K: 60.31µg (57.43%), Fiber: 3.85g (15.38%), Vitamin E: 2.14mg (14.26%), Manganese: 0.24mg (12.17%), Folate: 47.78µg (11.95%), Vitamin B5: 0.91mg (9.06%), Potassium: 315.36mg (9.01%), Vitamin B6: 0.17mg (8.53%), Vitamin C: 6.91mg (8.38%), Vitamin B2: 0.13mg (7.86%), Phosphorus: 70.85mg (7.09%), Vitamin A: 340.31IU (6.81%), Copper: 0.13mg (6.36%), Vitamin B3: 1.23mg (6.16%), Magnesium: 23.86mg (5.97%), Selenium: 3.83µg (5.48%), Calcium: 51.27mg (5.13%), Vitamin B1: 0.07mg (4.85%), Zinc: 0.6mg (3.99%), Iron: 0.57mg (3.16%), Vitamin B12: 0.09µg (1.57%)