



## Avocado Lime Ranch Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



330 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

### Equipment

food processor

blender

## Directions

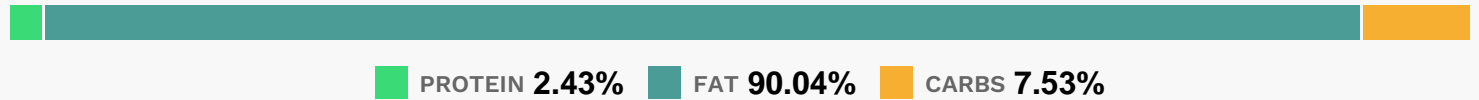
Scoop avocado flesh away from skin; place in food processor or blender.

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



## Properties

Glycemic Index:38, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:8.0595652331477%

## 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: 330.01kcal (16.5%), Fat: 33.92g (52.18%), Saturated Fat: 7.25g (45.32%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 2.95g (1.07%), Sugar: 1.55g (1.72%), Cholesterol: 28.72mg (9.57%), Sodium: 384.68mg (16.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin K: 59.76µg (56.91%), Vitamin E: 2.1mg (14.01%), Fiber: 3.43g (13.7%), Folate: 44.85µg (11.21%), Vitamin B5: 0.86mg (8.58%), Potassium: 297.89mg (8.51%), Vitamin C: 6.91mg (8.38%), Vitamin B6: 0.16mg (7.77%), Vitamin B2: 0.12mg (7.17%), Vitamin A: 340.1IU (6.8%), Phosphorus: 56.01mg (5.6%), Copper: 0.11mg (5.58%), Manganese: 0.09mg (4.72%), Magnesium: 18.48mg (4.62%), Vitamin B3: 0.92mg (4.61%), Calcium: 39.98mg (4%), Zinc: 0.48mg (3.17%), Vitamin B1: 0.05mg (3.02%), Selenium: 2.03µg (2.9%), Iron: 0.39mg (2.17%), Vitamin B12: 0.09µg (1.57%)