



Avocado Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



369 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado coarsely chopped
- ☐ 2 tablespoons cilantro leaves fresh
- ☐ 1 jalapeno seeded chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.8 cup mayonnaise
- ☐ 4 servings salt to taste

Equipment

- ☐ food processor

Directions

☐ Process avocado, mayonnaise, jalapeo pepper, cilantro leaves, and lime juice in a food processor until smooth. Season with salt to taste.

Nutrition Facts



PROTEIN 1.57% **FAT 92.71%** **CARBS 5.72%**

Properties

Glycemic Index:38.5, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:8.5673913230067%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 368.94kcal (18.45%), Fat: 38.82g (59.73%), Saturated Fat: 5.99g (37.43%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.84g (0.94%), Cholesterol: 17.64mg (5.88%), Sodium: 464.35mg (20.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.95%), Vitamin K: 80.32µg (76.5%), Vitamin E: 2.56mg (17.1%), Fiber: 3.5g (14%), Vitamin C: 11.48mg (13.92%), Folate: 44.62µg (11.16%), Vitamin B5: 0.79mg (7.92%), Potassium: 270.65mg (7.73%), Vitamin B6: 0.15mg (7.52%), Copper: 0.11mg (5.38%), Vitamin B3: 0.93mg (4.66%), Vitamin B2: 0.08mg (4.54%), Magnesium: 16.17mg (4.04%), Manganese: 0.08mg (4.02%), Phosphorus: 37.01mg (3.7%), Vitamin A: 155.64IU (3.11%), Vitamin B1: 0.04mg (2.75%), Zinc: 0.4mg (2.65%), Iron: 0.39mg (2.14%), Selenium: 1.19µg (1.7%), Calcium: 11.11mg (1.11%)