



WHATSheATE



Avocado, Mint, and Yogurt Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado pitted peeled cut into chunks
- ☐ 0.3 cup mint leaves fresh divided sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 cup greek yogurt plain 2% reduced-fat ()

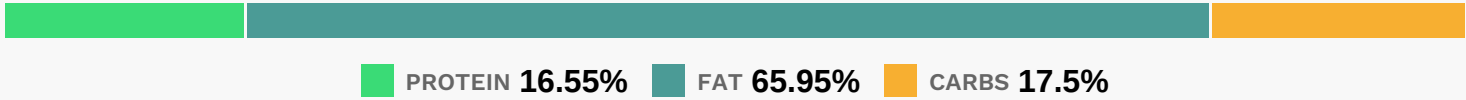
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, mash together avocado, yogurt, lime juice, and salt until creamy.
- ☐ Fold in 3 tablespoons mint leaves, drizzle with oil, and top with remaining mint.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:4.6617391524108%

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: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

Nutrients (% of daily need)

Calories: 96.08kcal (4.8%), Fat: 7.4g (11.38%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 2.02g (0.74%), Sugar: 1.33g (1.47%), Cholesterol: 1.67mg (0.56%), Sodium: 208.78mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Fiber: 2.4g (9.59%), Vitamin B2: 0.14mg (8.37%), Vitamin K: 8.44µg (8.04%), Folate: 31.69µg (7.92%), Vitamin E: 1.03mg (6.9%), Phosphorus: 64.24mg (6.42%), Potassium: 221.18mg (6.32%), Vitamin B5: 0.58mg (5.83%), Vitamin B6: 0.11mg (5.51%), Vitamin C: 4.2mg (5.09%), Selenium: 3.44µg (4.91%), Calcium: 45.84mg (4.58%), Vitamin B12: 0.23µg (3.89%), Copper: 0.08mg (3.79%), Magnesium: 14.95mg (3.74%), Manganese: 0.07mg (3.66%), Vitamin B3: 0.69mg (3.43%), Zinc: 0.41mg (2.75%), Vitamin A: 130.31IU (2.61%), Vitamin B1: 0.03mg (2.1%), Iron: 0.32mg (1.77%)