



Avocado-Mint Tzatziki

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado diced
- 1 cup cucumber grated peeled seeded
- 0.5 cup olive oil extra virgin
- 1 teaspoon garlic minced
- 1 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 2 teaspoons mint leaves finely chopped
- 2 cups regular plain low-fat

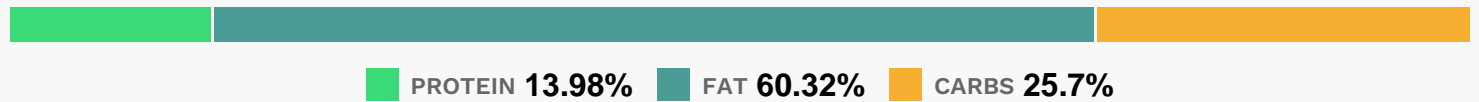
Equipment

bowl

Directions

Combine first 5 ingredients in a bowl. Stir in cucumber, avocado, and mint. Cover and chill 1 hour or overnight.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:14.123043226159%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 281.7kcal (14.09%), Fat: 19.67g (30.26%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 14.02g (5.1%), Sugar: 12.69g (14.1%), Cholesterol: 9.8mg (3.27%), Sodium: 895.45mg (38.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.26g (20.52%), Calcium: 315.97mg (31.6%), Phosphorus: 281.33mg (28.13%), Vitamin B2: 0.45mg (26.46%), Potassium: 777.21mg (22.21%), Vitamin K: 21.94µg (20.9%), Vitamin B5: 2.02mg (20.15%), Folate: 79.55µg (19.89%), Fiber: 4.84g (19.36%), Vitamin E: 2.49mg (16.63%), Vitamin B12: 0.91µg (15.24%), Vitamin B6: 0.29mg (14.48%), Vitamin C: 11.69mg (14.17%), Magnesium: 53.14mg (13.28%), Zinc: 1.97mg (13.16%), Copper: 0.18mg (9.23%), Vitamin B1: 0.13mg (8.92%), Selenium: 5.85µg (8.36%), Manganese: 0.15mg (7.71%), Vitamin B3: 1.38mg (6.91%), Vitamin A: 216.26IU (4.33%), Iron: 0.67mg (3.71%)