



Avocado-Ranch Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



200 kcal

SIDE DISH

Ingredients

- 2 avocados ripe
- 0.3 teaspoon garlic powder
- 2 teaspoons hot sauce
- 0.3 cup juice of lime fresh
- 0.5 cup milk
- 0.5 teaspoon pepper
- 1 cup ranch dressing
- 0.5 cup cup heavy whipping cream sour

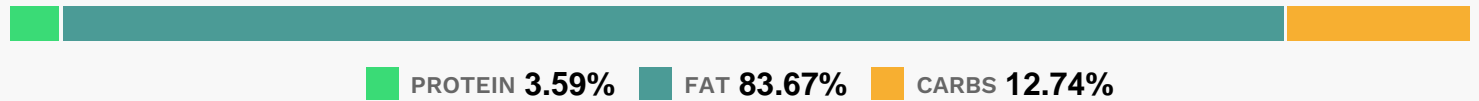
Equipment

- food processor
- blender

Directions

- Cut avocados in half; scoop pulp into a food processor or blender.
- Add 1 cup Ranch dressing and remaining ingredients to food processor. Process until avocado mixture is smooth, stopping to scrape down sides. Cover and chill at least 1 hour or up to 3 days.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:6.5269565789596%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 199.71kcal (9.99%), Fat: 19.22g (29.57%), Saturated Fat: 3.92g (24.48%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 3.84g (1.4%), Sugar: 2.48g (2.76%), Cholesterol: 14.49mg (4.83%), Sodium: 248.59mg (10.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Vitamin K: 41.03µg (39.08%), Fiber: 2.75g (11.01%), Vitamin E: 1.43mg (9.54%), Phosphorus: 88.01mg (8.8%), Folate: 34.92µg (8.73%), Vitamin B5: 0.84mg (8.44%), Vitamin C: 6.54mg (7.92%), Potassium: 253.46mg (7.24%), Vitamin B2: 0.11mg (6.54%), Vitamin B6: 0.13mg (6.39%), Copper: 0.09mg (4.34%), Manganese: 0.08mg (4.19%), Magnesium: 16.22mg (4.06%), Calcium: 39.58mg (3.96%), Vitamin B3: 0.75mg (3.74%), Vitamin A: 164.09IU (3.28%), Vitamin B1: 0.04mg (2.79%), Zinc: 0.4mg (2.63%), Selenium: 1.69µg (2.41%), Vitamin B12: 0.13µg (2.18%), Iron: 0.32mg (1.8%), Vitamin D: 0.16µg (1.05%)