



## Avocado Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



42 kcal

SAUCE

## Ingredients

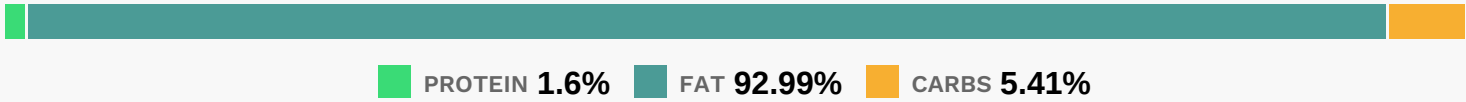
- ☐ 0.3 cup avocado ripe peeled mashed
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 teaspoon juice of lime fresh
- ☐ 2 tablespoons canola mayonnaise

## Equipment

## Directions

- ☐
- Start with canola mayonnaise.
- ☐
- Add avocado, lime juice, and kosher salt to mayo; stir until blended.

# Nutrition Facts



## Properties

Glycemic Index:15, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.93869564666048%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

## Nutrients (% of daily need)

Calories: 41.79kcal (2.09%), Fat: 4.41g (6.78%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.07g (0.08%), Cholesterol: 1.96mg (0.65%), Sodium: 78.52mg (3.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Vitamin K: 8.92µg (8.5%), Vitamin E: 0.28mg (1.89%), Fiber: 0.42g (1.68%), Folate: 5.32µg (1.33%)