

Avocado Tzatziki

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large avocado pitted peeled
- 0.5 cup cucumber seeded chopped
- 1 tablespoon cilantro leaves fresh chopped
- 1 tablespoon mint leaves fresh chopped
- 2 cloves garlic minced
- 1 juice of lemon juiced
- 0.5 teaspoon pepper flakes red to taste
- 8 servings salt and pepper to taste

Equipment

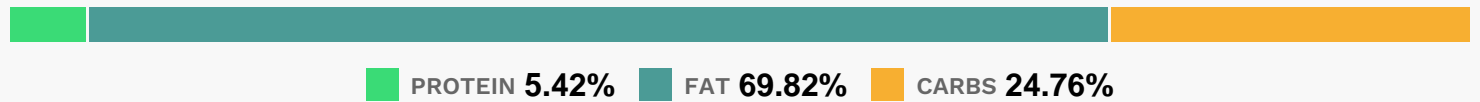
food processor

bowl

Directions

In a medium bowl, combine the avocado, garlic, lemon juice, sour cream and cucumber. Mash with a fork until smooth. If your avocado is not quite ripe enough, you may wish to use a food processor. Season with red pepper flakes, cilantro, mint, salt and pepper, and mix well. Cover and refrigerate for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:2.7478260670019%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 43.94kcal (2.2%), Fat: 3.74g (5.76%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.39g (0.44%), Cholesterol: 0mg (0%), Sodium: 198.15mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Fiber: 1.86g (7.45%), Vitamin K: 6.17µg (5.88%), Folate: 23.07µg (5.77%), Vitamin C: 4.68mg (5.67%), Potassium: 146.33mg (4.18%), Vitamin B6: 0.08mg (4.17%), Vitamin E: 0.58mg (3.85%), Vitamin B5: 0.38mg (3.82%), Manganese: 0.06mg (3.25%), Copper: 0.06mg (3%), Vitamin B3: 0.47mg (2.37%), Magnesium: 9.4mg (2.35%), Vitamin B2: 0.04mg (2.3%), Vitamin A: 109.95IU (2.2%), Phosphorus: 17.11mg (1.71%), Vitamin B1: 0.02mg (1.51%), Zinc: 0.2mg (1.32%), Iron: 0.23mg (1.27%)