



Avocado Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 1 large avocado ripe
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.8 cup olive oil
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup balsamic vinegar white

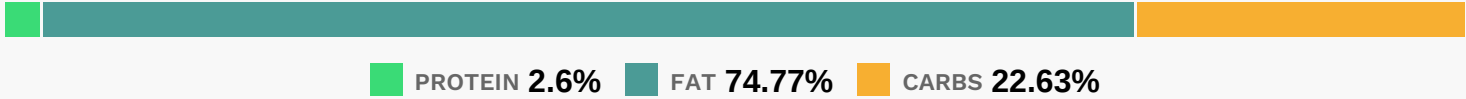
Equipment

- ☐ food processor

Directions

☐ Combine all ingredients in a food processor; process until smooth.

Nutrition Facts



Properties

Glycemic Index:17.43, Glycemic Load:1.77, Inflammation Score:-2, Nutrition Score:3.171739122142%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 104.48kcal (5.22%), Fat: 8.87g (13.64%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 4.08g (1.48%), Sugar: 3.08g (3.42%), Cholesterol: 0mg (0%), Sodium: 89.42mg (3.89%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Vitamin K: 8.93µg (8.51%), Vitamin E: 1.27mg (8.48%), Fiber: 1.96g (7.84%), Vitamin C: 5.36mg (6.5%), Folate: 24.56µg (6.14%), Potassium: 167.3mg (4.78%), Vitamin B5: 0.41mg (4.08%), Vitamin B6: 0.08mg (3.85%), Manganese: 0.07mg (3.74%), Copper: 0.06mg (3.07%), Magnesium: 11.02mg (2.76%), Vitamin B3: 0.51mg (2.53%), Vitamin B2: 0.04mg (2.26%), Phosphorus: 19.02mg (1.9%), Iron: 0.33mg (1.82%), Vitamin B1: 0.02mg (1.39%), Zinc: 0.2mg (1.35%)