

Avocado Whip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 2 avocados pitted peeled
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup juice of lime fresh (2-3 limes)
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon pepper fresh
- ☐ 1 tablespoon tahini

Equipment

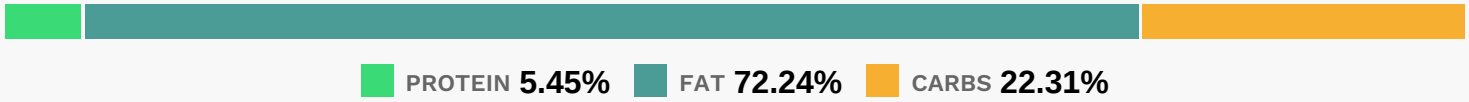
- ☐ food processor

☐ plastic wrap

Directions

- ☐ Combine all in a food processor; process until smooth (about 30 seconds).
- ☐ Transfer to serving dish. (To make up to 6 hours ahead, set aside 1 TBSP lime juice; drizzle over surface and cover with plastic wrap. Refrigerate.)
- ☐ Garnish with fresh pepper.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:5.0491304708564%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 95.55kcal (4.78%), Fat: 8.39g (12.91%), Saturated Fat: 1.21g (7.58%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.67g (0.75%), Cholesterol: 0mg (0%), Sodium: 77.21mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Fiber: 3.59g (14.34%), Folate: 44.26µg (11.06%), Vitamin K: 10.72µg (10.21%), Vitamin C: 7.74mg (9.38%), Potassium: 269.31mg (7.69%), Vitamin B5: 0.71mg (7.14%), Vitamin E: 1.06mg (7.06%), Vitamin B6: 0.14mg (7.05%), Copper: 0.13mg (6.53%), Vitamin B3: 1mg (4.99%), Vitamin B1: 0.07mg (4.52%), Magnesium: 17.57mg (4.39%), Manganese: 0.09mg (4.37%), Phosphorus: 43.55mg (4.36%), Vitamin B2: 0.07mg (4.13%), Zinc: 0.42mg (2.82%), Iron: 0.38mg (2.13%), Vitamin A: 78.84IU (1.58%), Selenium: 0.88µg (1.26%), Calcium: 11.2mg (1.12%)