



Avocado-Yogurt Dip with Cumin

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 avocado ripe peeled seeded coarsely chopped
- ☐ 0.8 cup yogurt plain fat-free
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon jalapeno seeded finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup onion red finely chopped

☐ 0.5 teaspoon salt

Equipment

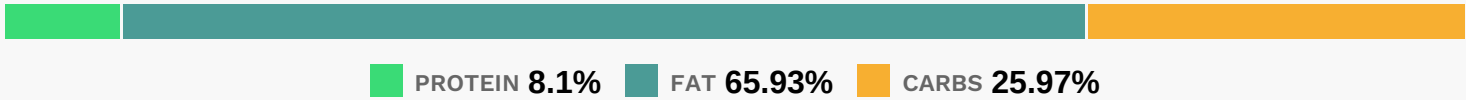
☐ food processor

☐ blender

Directions

☐ Place all the ingredients in a food processor or blender, and process until smooth.

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:4.2330435073894%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 71.17kcal (3.56%), Fat: 5.66g (8.7%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 2.32g (0.85%), Sugar: 1.42g (1.58%), Cholesterol: 0.23mg (0.08%), Sodium: 85.11mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Fiber: 2.69g (10.76%), Folate: 33.39µg (8.35%), Vitamin K: 8.4µg (8%), Vitamin C: 6.02mg (7.3%), Potassium: 231.75mg (6.62%), Vitamin B5: 0.61mg (6.1%), Vitamin B6: 0.12mg (5.88%), Vitamin E: 0.83mg (5.56%), Vitamin B2: 0.08mg (4.69%), Phosphorus: 41.78mg (4.18%), Copper: 0.08mg (4.01%), Manganese: 0.08mg (3.9%), Magnesium: 15.34mg (3.84%), Vitamin B3: 0.71mg (3.55%), Calcium: 32.83mg (3.28%), Iron: 0.49mg (2.7%), Zinc: 0.38mg (2.56%), Vitamin B1: 0.04mg (2.45%), Vitamin A: 76.81IU (1.54%), Vitamin B12: 0.07µg (1.17%)