



HEALTH SCORE

55%

Cauldron Full of Devilish Dip



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3 avocado ripe



0.3 teaspoon hot sauce



0.3 cup juice of lime fresh



1 and orange peppers seeded cut into strips



2 plum tomatoes seeded chopped



8 oz pretzel rods



1 lb pumpernickel bread



1 bell pepper red seeded cut into strips

- ☐ 2 tablespoons onion red chopped
- ☐ 8 servings salt
- ☐ 1 bell pepper yellow seeded cut into strips

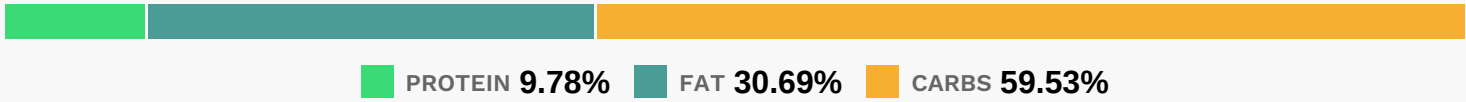
Equipment

- ☐ plastic wrap

Directions

- ☐ Halve and pit avocados. Mash flesh with a fork. Stir in tomatoes, onion, lime juice, hot sauce and salt to taste. Cover with plastic wrap touching dip; refrigerate for up to 3 hours.
- ☐ Cut a half inch from top of bread and an inch from bottom. Scoop out most of soft interior, leaving 1/2 -inch-thick sides.
- ☐ Arrange pretzels and peppers to resemble logs and flames on a platter. Fill bread with dip; place on top.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:32.27, Inflammation Score:-9, Nutrition Score:23.873043454212%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg 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: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 388.66kcal (19.43%), Fat: 13.83g (21.27%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 60.36g (20.12%), Net Carbohydrates: 49.65g (18.05%), Sugar: 3.32g (3.69%), Cholesterol: 0mg (0%), Sodium: 894.34mg (38.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.83%), Vitamin C: 78.18mg (94.76%), Manganese: 1.18mg (59.25%), Folate: 186.21µg (46.55%), Fiber: 10.72g (42.87%), Vitamin B1: 0.39mg (25.68%), Vitamin B3: 5.09mg (25.44%), Vitamin A: 1204.42IU (24.09%), Vitamin B2: 0.4mg (23.46%), Selenium: 15.54µg (22.19%), Vitamin B6: 0.42mg (20.81%), Iron: 3.59mg (19.96%), Potassium: 690.48mg (19.73%), Phosphorus: 193.23mg (19.32%), Copper: 0.38mg (19.17%), Vitamin K: 19.82µg (18.87%), Magnesium: 68.62mg (17.16%), Vitamin E: 2.5mg (16.68%), Vitamin B5: 1.52mg (15.17%), Zinc: 1.75mg (11.69%), Calcium: 62.29mg (6.23%)