



Chèvre-and-Avocado Tureen

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 5 avocados peeled
- ☐ 8 ounces chèvre cheese softened
- ☐ 0.8 cup corn chips blue crushed
- ☐ 0.8 cup corn chips red crushed
- ☐ 8 ounce cream cheese softened
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lime
- ☐ 12 servings additional and chips blue red

- ☐ 12 servings olive salsa
- ☐ 0.5 teaspoon salt

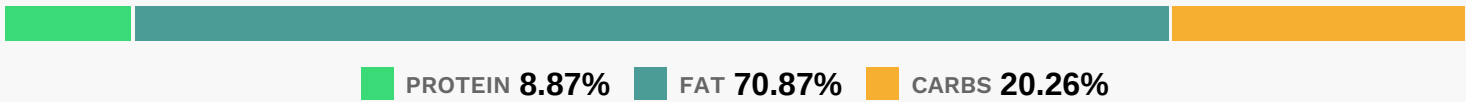
Equipment

- ☐ frying pan
- ☐ wax paper
- ☐ springform pan

Directions

- ☐ Line an 8-inch springform pan with wax paper.
- ☐ Combine avocado, lime juice, and salt; coarsely mash with a fork.
- ☐ Spread evenly in prepared pan.
- ☐ Stir together cheeses and cilantro until smooth; spread over avocado mixture.
- ☐ Sprinkle with chips. Top evenly with Olive Salsa. Chill 3 hours.
- ☐ Unmold and serve with additional chips.

Nutrition Facts



Properties

Glycemic Index:13.61, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:11.828695670418%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 321.85kcal (16.09%), Fat: 26.68g (41.05%), Saturated Fat: 8.88g (55.53%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 10.48g (3.81%), Sugar: 2.72g (3.03%), Cholesterol: 27.78mg (9.26%), Sodium: 503.08mg

(21.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.03%), Fiber: 6.68g (26.73%), Vitamin E: 3.12mg (20.81%), Vitamin K: 20.48µg (19.5%), Folate: 74.46µg (18.61%), Vitamin B6: 0.35mg (17.53%), Copper: 0.33mg (16.7%), Potassium: 541.87mg (15.48%), Vitamin B5: 1.53mg (15.35%), Vitamin A: 728.43IU (14.57%), Phosphorus: 144.87mg (14.49%), Vitamin B2: 0.24mg (14.34%), Vitamin C: 9.81mg (11.88%), Manganese: 0.23mg (11.35%), Magnesium: 42.12mg (10.53%), Vitamin B3: 2.03mg (10.17%), Calcium: 79.5mg (7.95%), Zinc: 1.02mg (6.77%), Iron: 1.12mg (6.24%), Vitamin B1: 0.09mg (6.1%), Selenium: 3.62µg (5.17%), Vitamin B12: 0.08µg (1.29%)