



## Chipotle-Avocado Salad Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 teaspoons chipotles in adobo minced (from 1 medium chipotle)
- 1 medium avocado
- 1 medium garlic clove smashed
- 1 teaspoon kosher salt
- 3 tablespoons juice of lime freshly squeezed (from 2 medium limes)
- 3 tablespoons vegetable oil
- 0.3 cup water

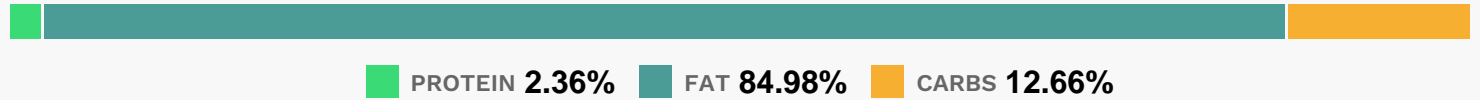
### Equipment

blender

## Directions

- Halve and pit the avocado, then scoop the flesh out into a blender.
- Add the remaining ingredients and blend until smooth and pourable, about 15 seconds.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:4.617391290872%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 140.93kcal (7.05%), Fat: 14.08g (21.66%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 1.78g (0.65%), Sugar: 0.56g (0.62%), Cholesterol: 0mg (0%), Sodium: 468.8mg (20.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin K: 23.51µg (22.39%), Fiber: 2.94g (11.77%), Vitamin E: 1.52mg (10.13%), Vitamin C: 6.91mg (8.37%), Folate: 33.48µg (8.37%), Potassium: 208mg (5.94%), Vitamin B5: 0.57mg (5.73%), Vitamin B6: 0.11mg (5.71%), Copper: 0.08mg (4.14%), Vitamin B3: 0.72mg (3.58%), Manganese: 0.07mg (3.5%), Vitamin B2: 0.05mg (3.19%), Magnesium: 12.66mg (3.16%), Phosphorus: 23.08mg (2.31%), Vitamin B1: 0.03mg (2.03%), Zinc: 0.27mg (1.83%), Iron: 0.29mg (1.63%), Vitamin A: 63.35IU (1.27%)