

Chunky Avocado Dip

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 fully avocados ripe
- 0.5 cup milk colby & monterey jack cheeses shredded 2% kraft
- 0.3 cup knudsen cream sour
- 0.5 tsp garlic powder
- 2 tsp juice of lime
- 1 tomatoes seeded chopped

Equipment

- bowl

Directions

- Mash avocados lightly with fork in medium bowl.
- Add tomatoes, sour cream, lime juice and garlic powder; mix well.
- Spread onto bottom of pie plate; sprinkle with cheese.
- Refrigerate several hours or until chilled.

Nutrition Facts

PROTEIN 9.53% **FAT 74.15%** **CARBS 16.32%**

Properties

Glycemic Index:8.3, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:4.8417391414228%

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: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 104.69kcal (5.23%), Fat: 9.17g (14.11%), Saturated Fat: 2.77g (17.34%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.84g (0.93%), Cholesterol: 9.66mg (3.22%), Sodium: 45.19mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.31%), Fiber: 2.86g (11.44%), Vitamin K: 9.68µg (9.22%), Folate: 36.11µg (9.03%), Vitamin C: 6.06mg (7.34%), Potassium: 242.71mg (6.93%), Vitamin E: 0.94mg (6.28%), Vitamin B6: 0.12mg (6.18%), Vitamin B5: 0.6mg (6.05%), Phosphorus: 59.17mg (5.92%), Calcium: 57.33mg (5.73%), Vitamin B2: 0.09mg (5.26%), Vitamin A: 263.08IU (5.26%), Copper: 0.09mg (4.43%), Vitamin B3: 0.79mg (3.93%), Magnesium: 15.5mg (3.88%), Manganese: 0.07mg (3.71%), Zinc: 0.51mg (3.37%), Vitamin B1: 0.03mg (2.3%), Selenium: 1.37µg (1.96%), Iron: 0.32mg (1.77%), Vitamin B12: 0.07µg (1.11%)