



Chunky Avocado Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



135 kcal

SAUCE

Ingredients

- 2 small avocados chopped
- 1 tablespoon cilantro leaves fresh chopped
- 2 tablespoons juice of lime fresh
- 2 tablespoons nonfat buttermilk fat-free
- 0.5 cup nonfat cream sour
- 0.1 teaspoon salt
- 2 large tomatoes chopped

Equipment

Directions

Stir together all ingredients.

Nutrition Facts

PROTEIN 7.26% **FAT 60.86%** **CARBS 31.88%**

Properties

Glycemic Index:18.33, Glycemic Load:1.11, Inflammation Score:-6, Nutrition Score:8.7343478332395%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 135.44kcal (6.77%), Fat: 9.97g (15.34%), Saturated Fat: 1.44g (9.03%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 6.52g (2.37%), Sugar: 2.44g (2.72%), Cholesterol: 1.82mg (0.61%), Sodium: 87.86mg (3.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Fiber: 5.24g (20.96%), Vitamin C: 16.59mg (20.11%), Vitamin K: 19.1µg (18.19%), Folate: 66.02µg (16.5%), Potassium: 499.66mg (14.28%), Vitamin A: 659.05IU (13.18%), Vitamin E: 1.73mg (11.51%), Vitamin B6: 0.23mg (11.33%), Vitamin B5: 0.99mg (9.91%), Copper: 0.17mg (8.38%), Manganese: 0.17mg (8.28%), Vitamin B3: 1.55mg (7.74%), Vitamin B2: 0.13mg (7.54%), Magnesium: 28.44mg (7.11%), Phosphorus: 68.34mg (6.83%), Vitamin B1: 0.08mg (5.09%), Zinc: 0.63mg (4.21%), Calcium: 39.48mg (3.95%), Iron: 0.54mg (2.99%), Selenium: 1.29µg (1.84%)