



Chunky White Bean-Avocado Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup beans white canned drained
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic minced
- 4 servings salt and ground pepper black
- 2 hass avocados pitted ripe peeled
- 2 teaspoons juice of lime fresh

Equipment

- bowl

Directions

- In a medium bowl, combine avocados, white beans and garlic. Mash with a fork until chunky. Fold in cilantro and lime juice. Season, to taste, with salt and black pepper.

Nutrition Facts

PROTEIN 7.35% **FAT 65.13%** **CARBS 27.52%**

Properties

Glycemic Index:41.25, Glycemic Load:2.03, Inflammation Score:-5, Nutrition Score:10.73913053326%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg 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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 189.65kcal (9.48%), Fat: 14.86g (22.86%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 14.12g (4.71%), Net Carbohydrates: 6.22g (2.26%), Sugar: 0.79g (0.88%), Cholesterol: 0mg (0%), Sodium: 8.94mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Fiber: 7.9g (31.61%), Folate: 96.88µg (24.22%), Vitamin K: 25.06µg (23.86%), Potassium: 604.49mg (17.27%), Vitamin E: 2.29mg (15.27%), Manganese: 0.3mg (15.02%), Vitamin B6: 0.3mg (14.82%), Vitamin B5: 1.46mg (14.56%), Vitamin C: 11.54mg (13.99%), Copper: 0.25mg (12.58%), Magnesium: 41.56mg (10.39%), Vitamin B3: 1.8mg (9%), Vitamin B2: 0.14mg (8.4%), Phosphorus: 75.9mg (7.59%), Iron: 1.28mg (7.09%), Vitamin B1: 0.09mg (6.21%), Zinc: 0.92mg (6.13%), Vitamin A: 216.14IU (4.32%), Calcium: 32.57mg (3.26%), Selenium: 0.99µg (1.41%)