



 **6%**  
HEALTH SCORE

## Cool-as-a-Cucumber Avocado Dip

 Vegetarian  Gluten Free

READY IN



495 min.

SERVINGS



6

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 avocado pitted cubed peeled
- 1 cucumber peeled seeded chopped
- 2 teaspoons mint leaves fresh chopped
- 1 clove garlic minced
- 1 tablespoon bell pepper green finely chopped
- 2 tablespoons juice of lemon
- 0.3 cup olive oil
- 1 tablespoon onion finely chopped

- 0.5 cup greek yogurt plain
- 6 servings salt and pepper to taste

## Equipment

- blender

## Directions

- Place cucumber, avocado, onion, green bell pepper, mint, yogurt, olive oil, lemon juice, and garlic in a blender. Process until smooth; season with salt and pepper. Cover and refrigerate overnight before serving.

## Nutrition Facts

**PROTEIN 6.95%** **FAT 79.74%** **CARBS 13.31%**

## Properties

Glycemic Index:20.33, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:5.5256521753643%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 152.17kcal (7.61%), Fat: 14.09g (21.67%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 2.61g (0.95%), Sugar: 1.7g (1.88%), Cholesterol: 0.83mg (0.28%), Sodium: 203.57mg (8.85%), Alcohol: 0g (100%), Protein: 2.76g (5.53%), Vitamin K: 16.18µg (15.41%), Vitamin E: 2.02mg (13.47%), Fiber: 2.68g (10.71%), Vitamin C: 8.42mg (10.21%), Folate: 36.83µg (9.21%), Potassium: 266.6mg (7.62%), Vitamin B6: 0.14mg (6.81%), Vitamin B5: 0.65mg (6.54%), Vitamin B2: 0.11mg (6.19%), Copper: 0.11mg (5.31%), Phosphorus: 52.57mg (5.26%), Manganese: 0.1mg (4.97%), Magnesium: 18.33mg (4.58%), Vitamin B3: 0.65mg (3.27%), Calcium: 31.55mg

(3.16%), Vitamin B1: 0.05mg (3.03%), Selenium: 1.92µg (2.74%), Zinc: 0.4mg (2.68%), Iron: 0.38mg (2.12%), Vitamin B12: 0.12µg (1.94%), Vitamin A: 93.11IU (1.86%)