



Creamy Avocado Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup buttermilk
- ☐ 2 tablespoons basil leaves fresh packed
- ☐ 2 green onions chopped
- ☐ 1 chilean hass avocado
- ☐ 2 tablespoons raspberry vinegar
- ☐ 0.3 teaspoon salt

Equipment

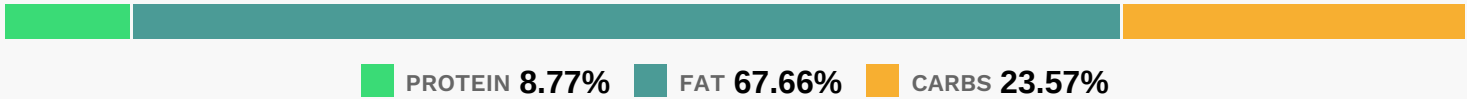
- ☐ food processor

- ☐ bowl
- ☐ blender

Directions

- ☐ Cut avocado in half, remove the pit, and peel. Scoop fruit into blender or food processor bowl.
- ☐ Add all remaining ingredients and blend until very smooth, about 30 seconds. Store in tightly covered container, up to 3 days.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:1.746086957662%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 27.97kcal (1.4%), Fat: 2.22g (3.42%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.67g (0.74%), Cholesterol: 1.24mg (0.41%), Sodium: 49.43mg (2.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin K: 6.81µg (6.49%), Fiber: 0.88g (3.54%), Folate: 11.87µg (2.97%), Potassium: 81.73mg (2.34%), Vitamin B5: 0.22mg (2.19%), Vitamin B2: 0.04mg (2.18%), Vitamin C: 1.59mg (1.93%), Vitamin B6: 0.04mg (1.88%), Vitamin E: 0.28mg (1.85%), Phosphorus: 16.94mg (1.69%), Calcium: 16.1mg (1.61%), Copper: 0.03mg (1.46%), Magnesium: 5.3mg (1.33%), Vitamin A: 65.05IU (1.3%), Manganese: 0.02mg (1.23%), Vitamin B3: 0.24mg (1.19%)