



Creamy Avocado Dressing (aka Guacamole Buttermilk Dressing)



Vegetarian



Gluten Free



Popular

READY IN



10 min.

SERVINGS



8

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium avocado
- ☐ 0.8 cup buttermilk
- ☐ 0.3 cup cilantro leaves
- ☐ 0.5 tsp cumin seeds toasted
- ☐ 1 clove garlic
- ☐ 1 green onion
- ☐ 1 small jalapeño

- ☐ 1 juice of lime
- ☐ 0.3 cup mayonnaise (completely optional)
- ☐ 8 servings salt and pepper to taste

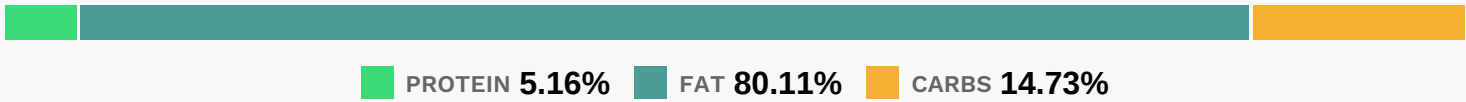
Equipment

- ☐ blender

Directions

- ☐ Puree everything in a blender until smooth. Store in fridge and finish within a few days.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.63, Inflammation Score:-2, Nutrition Score:4.2756521494492%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 104.84kcal (5.24%), Fat: 9.72g (14.95%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.49g (1.65%), Cholesterol: 5.41mg (1.8%), Sodium: 264.51mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin K: 21.77µg (20.73%), Vitamin C: 6.26mg (7.58%), Fiber: 1.82g (7.29%), Folate: 23.97µg (5.99%), Vitamin E: 0.86mg (5.75%), Potassium: 172.99mg (4.94%), Vitamin B5: 0.46mg (4.63%), Vitamin B2: 0.08mg (4.55%), Vitamin B6: 0.09mg (4.44%), Phosphorus: 36.66mg (3.67%), Calcium: 33.62mg (3.36%), Copper: 0.06mg (3.06%), Vitamin A: 149.49IU (2.99%), Magnesium: 11.18mg (2.79%), Manganese: 0.06mg (2.76%), Vitamin B3: 0.51mg (2.54%), Vitamin B1: 0.03mg (2.17%), Vitamin D: 0.31µg (2.04%), Zinc: 0.28mg (1.88%), Vitamin B12: 0.11µg (1.87%), Selenium: 1.18µg (1.68%), Iron: 0.29mg (1.63%)