



Creamy Avocado–Horned Melon Dressing



Vegetarian



Gluten Free

READY IN



7 min.

SERVINGS



64

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small avocado ripe peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 small garlic clove
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup buttermilk low-fat
- ☐ 1 horned melon
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water

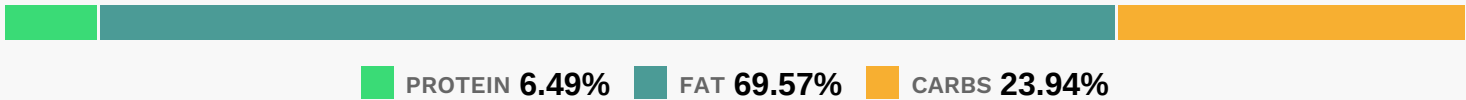
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Cut horned melon in half lengthwise; scoop out pulp.
- ☐ Place pulp in a fine sieve over a bowl. Press pulp with the back of a spoon to extract juice; discard juice.
- ☐ Place pulp and remaining ingredients in a blender or food processor; process until smooth. Store in an airtight container in the refrigerator up to 3 days.

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.31608695739313%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 5.6kcal (0.28%), Fat: 0.47g (0.73%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 0.37g (0.12%), Net Carbohydrates: 0.15g (0.06%), Sugar: 0.08g (0.09%), Cholesterol: 0.04mg (0.01%), Sodium: 10.73mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%)