



## Creamy Buttermilk-Avocado Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



49 kcal

SAUCE

### Ingredients

- 1 avocado ripe chopped
- 1 cup buttermilk
- 2 tablespoons parsley fresh chopped
- 2 green onions finely chopped
- 10 servings kosher salt and pepper freshly ground to taste
- 2 tablespoons juice of lemon fresh

### Equipment

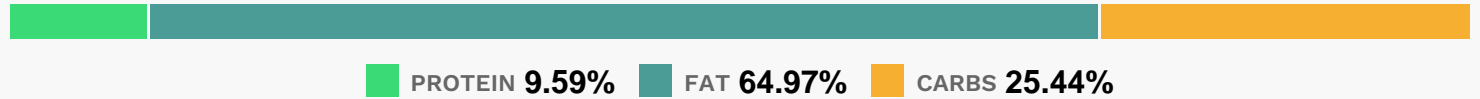
- food processor

plastic wrap

## Directions

Process buttermilk, avocado, parsley, chopped green onions, and fresh lemon juice in a food processor 30 seconds or until smooth. Season with kosher salt and freshly ground pepper to taste. Store in refrigerator covered with plastic wrap directly on surface (to prevent discoloration) up to 2 days.

## Nutrition Facts



## Properties

Glycemic Index:13.5, Glycemic Load:0.55, Inflammation Score:-2, Nutrition Score:3.6708695525708%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 48.76kcal (2.44%), Fat: 3.77g (5.8%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 1.88g (0.68%), Sugar: 1.44g (1.6%), Cholesterol: 2.64mg (0.88%), Sodium: 221.26mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin K: 22.38µg (21.32%), Fiber: 1.44g (5.78%), Vitamin C: 4.69mg (5.68%), Folate: 20.83µg (5.21%), Vitamin B2: 0.07mg (4.15%), Potassium: 144.07mg (4.12%), Vitamin B5: 0.38mg (3.79%), Calcium: 33.14mg (3.31%), Phosphorus: 32.44mg (3.24%), Vitamin A: 160.45IU (3.21%), Vitamin B6: 0.06mg (3.19%), Vitamin E: 0.46mg (3.04%), Copper: 0.05mg (2.4%), Magnesium: 9.29mg (2.32%), Vitamin D: 0.31µg (2.08%), Vitamin B3: 0.4mg (1.99%), Vitamin B12: 0.11µg (1.84%), Vitamin B1: 0.03mg (1.83%), Manganese: 0.04mg (1.77%), Zinc: 0.24mg (1.6%), Selenium: 0.99µg (1.41%), Iron: 0.21mg (1.15%)