



Creamy Cucumber-Avocado Salad Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



43 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado pitted peeled
- 1 cup baby spinach
- 0.5 teaspoon pepper white black freshly ground
- 0.5 cucumber english
- 0.5 cup mint leaves fresh
- 2 garlic cloves minced
- 2 green onions
- 1 juice of lemon fresh

2 tablespoons olive oil

1 teaspoon sea salt

Equipment

food processor

Directions

Pure all ingredients with 3/4 cup water in a food processor until smooth.

*Spot spring onions' plump bulbs in the produce aisle next to their skinnier green onion relatives.

Nutrition Facts

 **PROTEIN 4.49%** **FAT 76.04%** **CARBS 19.47%**

Properties

Glycemic Index:8.93, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:2.9182608697725%

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 Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 42.7kcal (2.13%), Fat: 3.88g (5.97%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.36g (0.4%), Cholesterol: 0mg (0%), Sodium: 158.6mg (6.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.03%), Vitamin K: 18.56µg (17.67%), Vitamin A: 297.43IU (5.95%), Fiber: 1.19g (4.74%), Vitamin C: 3.87mg (4.69%), Folate: 18.59µg (4.65%), Vitamin E: 0.6mg (4.01%), Manganese: 0.08mg (3.76%), Potassium: 107.56mg (3.07%), Vitamin B6: 0.05mg (2.56%), Vitamin B5: 0.22mg (2.25%), Magnesium: 8.57mg (2.14%), Copper: 0.04mg (2.03%), Vitamin B2: 0.03mg (1.8%), Iron: 0.29mg (1.59%), Vitamin B3: 0.3mg (1.48%), Phosphorus: 12.92mg (1.29%), Vitamin B1: 0.02mg (1.11%), Calcium: 11.12mg (1.11%)