



Cucumber-Avocado Salad Dressing

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

333 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocados cubed peeled seeded
- ☐ 1 large cucumber peeled seeded cut into chunks
- ☐ 0.8 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 4 servings salt and pepper to taste

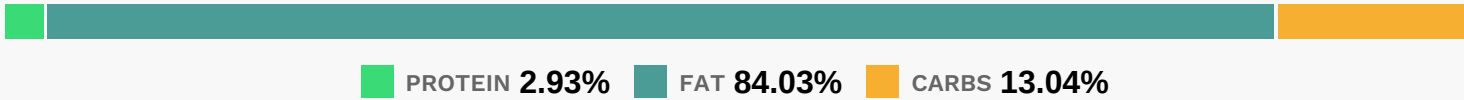
Equipment

blender

Directions

- Puree the olive oil and garlic in a blender until smooth.
- Add the cilantro, avocado, cucumber, and lemon juice. Puree again until smooth, then season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.97, Inflammation Score:-6, Nutrition Score:12.582608632419%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 333.48kcal (16.67%), Fat: 32.94g (50.68%), Saturated Fat: 4.64g (29.01%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 4.13g (1.5%), Sugar: 2.05g (2.27%), Cholesterol: 0mg (0%), Sodium: 204.24mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin K: 46.29µg (44.09%), Vitamin E: 4.79mg (31.95%), Fiber: 7.37g (29.48%), Folate: 96.14µg (24.03%), Vitamin C: 19.24mg (23.32%), Potassium: 617.19mg (17.63%), Vitamin B5: 1.61mg (16.05%), Vitamin B6: 0.31mg (15.74%), Copper: 0.25mg (12.61%), Manganese: 0.22mg (11.07%), Magnesium: 39.43mg (9.86%), Vitamin B2: 0.16mg (9.18%), Vitamin B3: 1.83mg (9.14%), Vitamin A: 400.55IU (8.01%), Phosphorus: 70.77mg (7.08%), Vitamin B1: 0.1mg (6.41%), Zinc: 0.79mg (5.29%), Iron: 0.89mg (4.93%), Calcium: 26.44mg (2.64%)