



## Daddy's Guacamole Dip

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



3

CALORIES



391 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 avocado with pits removed halved
- 2 cups curd cottage cheese
- 0.5 teaspoon garlic powder
- 1 jalapeno minced seeded
- 1 juice of lemon juiced
- 3 servings salt and pepper to taste
- 0.5 cup onion diced sweet
- 2 tomatoes diced

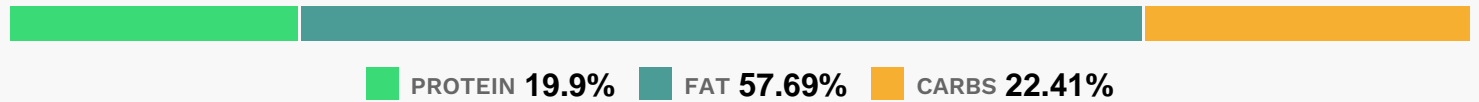
# Equipment

- mixing bowl

# Directions

- Scoop flesh out of the avocado and place it in a medium size mixing bowl. Mash the avocado well.
- Add lemon juice to the avocado and mix well.
- Place tomatoes, jalapeno pepper, onion, cottage cheese, garlic powder, salt and pepper into the mixing bowl; stir until the ingredient are combined. Chill for at least one hour before serving.

# Nutrition Facts



# Properties

Glycemic Index:47.33, Glycemic Load:3.27, Inflammation Score:-8, Nutrition Score:21.422608603602%

# Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

# Nutrients (% of daily need)

Calories: 390.55kcal (19.53%), Fat: 26.41g (40.63%), Saturated Fat: 5.48g (34.24%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 12.68g (4.61%), Sugar: 8.86g (9.84%), Cholesterol: 25.61mg (8.54%), Sodium: 684.54mg (29.76%), Alcohol: 0g (100%), Protein: 20.5g (41%), Vitamin C: 35.32mg (42.82%), Fiber: 10.41g (41.63%), Folate: 148.55µg (37.14%), Phosphorus: 340.2mg (34.02%), Vitamin K: 35.56µg (33.87%), Potassium: 1060.54mg (30.3%), Vitamin B5: 2.83mg (28.31%), Vitamin B6: 0.55mg (27.32%), Vitamin B2: 0.45mg (26.25%), Vitamin E: 3.53mg (23.52%), Vitamin A: 1140.81IU (22.82%), Selenium: 15.43µg (22.05%), Copper: 0.37mg (18.41%), Magnesium: 64.02mg (16.01%), Manganese: 0.32mg (15.91%), Calcium: 156.34mg (15.63%), Vitamin B3: 3.08mg (15.38%),

Vitamin B1: 0.18mg (11.88%), Zinc: 1.66mg (11.08%), Vitamin B12: 0.65µg (10.8%), Iron: 1.18mg (6.57%)