



## Easy Avocado Spread

 Vegetarian  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



5

CALORIES



152 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2 avocado pitted ripe peeled mashed
- 2 tablespoons juice of lemon fresh
- 1 tablespoon mayonnaise light
- 1 ounce ranch seasoning

### Equipment

### Directions

Stir together the avocados, ranch dressing mix, lemon juice, and light mayonnaise. Chill for 1 hour.

## Nutrition Facts

**PROTEIN 4.06%** **FAT 69.46%** **CARBS 26.48%**

### Properties

Glycemic Index:8, Glycemic Load:0.59, Inflammation Score:-3, Nutrition Score:7.1069566503815%

### Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 152.39kcal (7.62%), Fat: 12.45g (19.16%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 5.28g (1.92%), Sugar: 0.78g (0.87%), Cholesterol: 0.45mg (0.15%), Sodium: 454.09mg (19.74%), Alcohol: Og (100%), Protein: 1.64g (3.28%), Fiber: 5.4g (21.62%), Vitamin K: 18.39µg (17.51%), Folate: 66.44µg (16.61%), Vitamin C: 10.36mg (12.56%), Vitamin E: 1.73mg (11.56%), Potassium: 396.99mg (11.34%), Vitamin B5: 1.13mg (11.26%), Vitamin B6: 0.21mg (10.47%), Copper: 0.15mg (7.71%), Vitamin B3: 1.4mg (7.02%), Vitamin B2: 0.11mg (6.2%), Magnesium: 23.73mg (5.93%), Manganese: 0.12mg (5.75%), Phosphorus: 42.71mg (4.27%), Vitamin B1: 0.06mg (3.7%), Zinc: 0.52mg (3.46%), Iron: 0.45mg (2.51%), Vitamin A: 119.7IU (2.39%), Calcium: 10.18mg (1.02%)