



## Edamame Avocado Dip

 Vegetarian  Gluten Free  Popular

READY IN



20 min.

SERVINGS



8

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12 ounces edamame fresh shelled
- 0.5 cup cilantro leaves fresh packed roughly chopped
- 0.5 cup yogurt plain
- 1 avocado pitted peeled roughly chopped
- 0.5 cup water
- 0.3 cup juice of lemon
- 1 teaspoons salt
- 5 shakes of tabasco to taste (less )

3 drops sesame oil dark to taste (more )

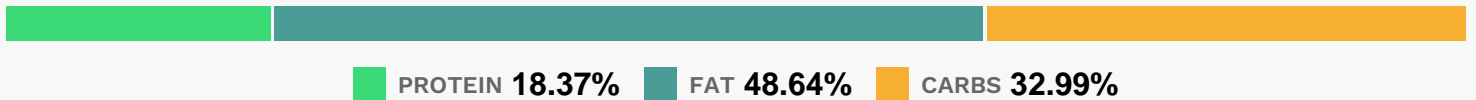
## Equipment

food processor

## Directions

- Cook the edamame: Bring 2 quarts of well salted water (2 tablespoons salt) to a boil.
- Add the shelled edamame. Return to a simmer and cook for 5 minutes, or until cooked through and tender.
- Drain with cold water.
- Blend the edamame with the remaining ingredients:
- Place drained cooked edamame in a food processor. Pulse several times.
- Add the chopped cilantro. Pulse again.
- Add the remaining ingredients, and pulse until well puréed.
- Add more water if you want a smoother consistency. Adjust seasonings (salt, Tabasco, lime, sesame oil).
- Serve with pita, chips, crostini, or a vegetable platter.

## Nutrition Facts



## Properties

Glycemic Index:11.38, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:4.0847826123885%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 106.55kcal (5.33%), Fat: 6.01g (9.25%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 5.72g (2.08%), Sugar: 2.24g (2.48%), Cholesterol: 1.99mg (0.66%), Sodium: 317.28mg (13.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.22%), Fiber: 3.46g (13.83%), Potassium: 351.55mg (10.04%), Vitamin K: 8.47µg (8.07%), Vitamin C: 6.28mg (7.61%), Iron: 1.32mg (7.35%), Folate: 23.61µg (5.9%), Calcium: 58.4mg (5.84%), Vitamin B5: 0.42mg (4.25%), Vitamin E: 0.57mg (3.81%), Vitamin B6: 0.08mg (3.77%), Vitamin B2: 0.06mg (3.39%), Phosphorus: 28.77mg (2.88%), Copper: 0.06mg (2.77%), Magnesium: 10.03mg (2.51%), Vitamin A: 120.79IU (2.42%), Vitamin B3: 0.47mg (2.34%), Manganese: 0.04mg (2.13%), Zinc: 0.26mg (1.75%), Vitamin B1: 0.02mg (1.6%)