



Avocado Dressing I

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



113 kcal

SIDE DISH

Ingredients

- 1 avocado diced pitted peeled
- 0.5 cup cheese blue crumbled
- 0.5 cup curd cottage cheese
- 0.5 teaspoon garlic powder
- 1 tablespoon juice of lemon
- 1 teaspoon onion salt
- 8 servings salt and pepper to taste
- 0.5 cup cream sour

1 teaspoon worcestershire sauce

Equipment

food processor

blender

Directions

In a blender or food processor, place the avocado, sour cream, blue cheese, cottage cheese, lemon juice, Worcestershire sauce, onion salt, garlic powder, salt, and pepper. Blend until smooth. Cover, and refrigerate 30 minutes, until chilled.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:4.125217380731%

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: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 112.92kcal (5.65%), Fat: 9.47g (14.58%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 2.15g (0.78%), Sugar: 1.18g (1.31%), Cholesterol: 17.04mg (5.68%), Sodium: 638.95mg (27.78%), Alcohol: 0g (100%), Protein: 4.15g (8.31%), Phosphorus: 78.89mg (7.89%), Calcium: 74.34mg (7.43%), Fiber: 1.71g (6.82%), Vitamin B2: 0.11mg (6.59%), Folate: 26.35µg (6.59%), Vitamin B5: 0.62mg (6.2%), Vitamin K: 5.7µg (5.43%), Potassium: 185.34mg (5.3%), Vitamin B6: 0.09mg (4.72%), Selenium: 3.18µg (4.54%), Vitamin C: 3.47mg (4.2%), Vitamin A: 209.7IU (4.19%), Vitamin E: 0.61mg (4.07%), Zinc: 0.49mg (3.3%), Vitamin B12: 0.19µg (3.16%), Copper: 0.06mg (3.03%), Magnesium: 12.08mg (3.02%), Vitamin B3: 0.56mg (2.79%), Manganese: 0.04mg (2.08%), Vitamin B1: 0.03mg (1.83%), Iron: 0.24mg (1.33%)