



Gazpacho Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



80

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 1 avocado firm chopped
- ☐ 4.5 ounce chilis green undrained chopped canned
- ☐ 2 garlic clove minced
- ☐ 0.5 cup bell pepper diced green
- ☐ 8 spring onion thinly sliced
- ☐ 4.5 ounce olives ripe drained chopped canned
- ☐ 0.3 teaspoon pepper

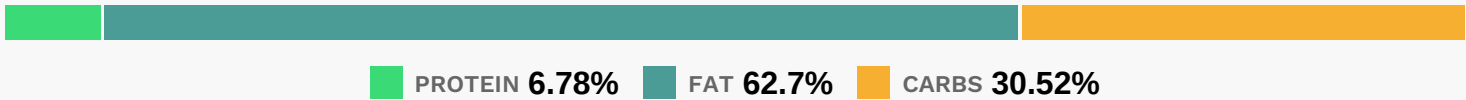
☐ 2 large tomatoes chopped

Equipment

Directions

- ☐ Combine all ingredients except lime slices, tossing gently.
- ☐ Cover and chill up to 4 hours.
- ☐ Garnish with lime slices, if desired.
- ☐ Serve dip with baked tortilla chips.
- ☐ Note: More than half the fat in an avocado is monounsaturated--making it a high-fat food that's actually good for your heart. Use it in your favorite Mexican dish or thinly slice one for a quick sandwich.

Nutrition Facts



Properties

Glycemic Index:2.78, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:0.76391304089971%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 8.3kcal (0.42%), Fat: 0.63g (0.97%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 31.87mg (1.39%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.15g (0.31%), Vitamin K: 3.47µg (3.31%), Vitamin C: 2.42mg (2.93%), Fiber: 0.35g (1.41%), Vitamin A: 65.3IU (1.31%), Folate: 4.49µg (1.12%)