



 **63%**
HEALTH SCORE

Green Goddess Dip

 Vegetarian  Gluten Free  Very Healthy

READY IN



10 min.

SERVINGS



6

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado pitted ripe peeled halved
- 0.8 cup buttermilk
- 0.3 cup parsley fresh
- 0.3 cup tarragon fresh
- 6 servings salt
- 2 scallions white green coarsely chopped
- 6 servings vegetable sticks for dipping
- 3 tablespoons vinegar white

Equipment

blender

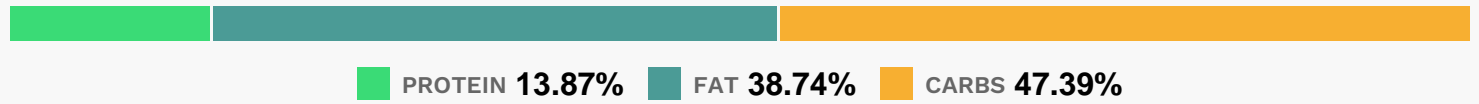
Directions

Place the avocado, scallions, tarragon, parsley, vinegar, buttermilk and 1/2 teaspoon salt in a blender; puree until smooth.

Serve with vegetable sticks.

Photograph Ngoc Minh Ngo

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:5.3, Inflammation Score:-10, Nutrition Score:16.29391305343%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 140.33kcal (7.02%), Fat: 6.57g (10.11%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 18.09g (6.03%), Net Carbohydrates: 11.86g (4.31%), Sugar: 1.8g (2%), Cholesterol: 3.3mg (1.1%), Sodium: 273.92mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.59%), Vitamin A: 5059.12IU (101.18%), Vitamin K: 56.4µg (53.72%), Fiber: 6.23g (24.91%), Manganese: 0.46mg (22.77%), Vitamin C: 17.95mg (21.76%), Folate: 67.21µg (16.8%), Potassium: 485.16mg (13.86%), Vitamin B2: 0.21mg (12.15%), Vitamin B6: 0.24mg (12.01%), Magnesium: 44.06mg (11.02%), Iron: 1.96mg (10.9%), Phosphorus: 106.51mg (10.65%), Vitamin B1: 0.16mg (10.48%), Vitamin B3: 1.99mg (9.97%), Calcium: 92.4mg (9.24%), Copper: 0.18mg (8.89%), Vitamin B5: 0.74mg (7.41%), Zinc: 0.86mg (5.76%), Vitamin E: 0.76mg (5.03%), Vitamin D: 0.39µg (2.6%), Selenium: 1.77µg (2.53%), Vitamin B12: 0.14µg (2.3%)