



## Green, White and Red Dip

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



28

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 medium avocado ripe peeled mashed
- 2 Tbsp chipotle peppers in adobo sauce pureed
- 2 Tbsp cilantro leaves chopped
- 16 oz knudsen cream sour
- 1 env. seasons garlic & herb dressing mix good
- 1 cup real mayo mayonnaise kraft

### Equipment

- bowl

## Directions

- Mix sour cream, mayo and dressing mix. Divide into 3 portions, about 1 cup each.
- Mix 1 portion with avocado and cilantro. Stir chipotle peppers into second portion; leave third portion plain.
- Spoon portions into shallow bowl or pie plate; cover. Refrigerate several hours or until chilled.
- Serve with tortilla chips or assorted cut-up vegetables.

## Nutrition Facts

 **PROTEIN 2.46%**  **FAT 91.12%**  **CARBS 6.42%**

## Properties

Glycemic Index:4.54, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.8708695762831%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 98.78kcal (4.94%), Fat: 10.18g (15.67%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.72g (0.8%), Cholesterol: 12.92mg (4.31%), Sodium: 56.36mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin K: 15.1µg (14.38%), Vitamin E: 0.48mg (3.2%), Fiber: 0.6g (2.42%), Vitamin A: 119.19IU (2.38%), Vitamin B2: 0.04mg (2.25%), Calcium: 18.45mg (1.85%), Folate: 7.29µg (1.82%), Phosphorus: 17.79mg (1.78%), Vitamin B5: 0.17mg (1.68%), Potassium: 57.26mg (1.64%), Vitamin B6: 0.03mg (1.31%), Selenium: 0.81µg (1.16%), Vitamin C: 0.87mg (1.06%)