



Hummus with Avocado and Lime

 Vegetarian  Gluten Free

READY IN



3 min.

SERVINGS



14

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado ripe seeded
- 2 garlic cloves minced
- 1 teaspoon ground cumin
- 7 ounce water prepared (such as Athenos)
- 2 tablespoons juice of lime fresh
- 0.5 cup cup heavy whipping cream sour low-fat
- 0.5 teaspoon salt

Equipment

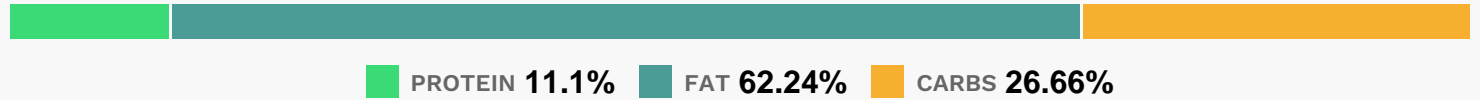
food processor

blender

Directions

Process all ingredients in a blender or food processor until smooth, stopping to scrape down sides.

Nutrition Facts



Properties

Glycemic Index:7.04, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:2.9882608878872%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 59.38kcal (2.97%), Fat: 4.38g (6.73%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.16g (0.17%), Cholesterol: 2.88mg (0.96%), Sodium: 144.95mg (6.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.51%), Fiber: 1.85g (7.38%), Manganese: 0.14mg (7.12%), Folate: 24.54µg (6.13%), Copper: 0.11mg (5.32%), Phosphorus: 39.91mg (3.99%), Magnesium: 15.85mg (3.96%), Vitamin B6: 0.07mg (3.68%), Potassium: 126.16mg (3.6%), Iron: 0.54mg (2.97%), Vitamin K: 3.08µg (2.94%), Vitamin C: 2.3mg (2.78%), Vitamin B1: 0.04mg (2.71%), Zinc: 0.41mg (2.71%), Vitamin B2: 0.04mg (2.29%), Vitamin B5: 0.22mg (2.23%), Vitamin E: 0.33mg (2.21%), Calcium: 21.15mg (2.11%), Vitamin B3: 0.35mg (1.75%), Vitamin A: 55.08IU (1.1%), Selenium: 0.75µg (1.07%)