



Mexican Flag Dip

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



24

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium avocado ripe peeled mashed
- 2 Tbsp cilantro leaves chopped
- 3 cups knudsen cream sour
- 1 env. seasons garlic & herb dressing mix good
- 1 jalapeño pepper fresh seeded finely chopped
- 0.5 cup taco bellâ® & chunky salsa thick

Equipment

Directions

- Mix sour cream and dressing mix. Divide into 3 portions, about 1 cup each.
- Stir avocado, cilantro and jalapeo pepper into one portion; stir salsa into second portion. Leave third portion plain. Cover. Refrigerate several hours or until chilled.
- Serve with tortilla chips or assorted cut-up vegetables.

Nutrition Facts

PROTEIN 5.09% **FAT 81.77%** **CARBS 13.14%**

Properties

Glycemic Index:4.54, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:1.8834782579671%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 72.12kcal (3.61%), Fat: 6.82g (10.5%), Saturated Fat: 3.08g (19.28%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.24g (1.38%), Cholesterol: 16.96mg (5.65%), Sodium: 45.07mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.91%), Vitamin A: 220.53IU (4.41%), Vitamin B2: 0.06mg (3.6%), Calcium: 32.43mg (3.24%), Phosphorus: 28.08mg (2.81%), Fiber: 0.69g (2.75%), Vitamin K: 2.85µg (2.71%), Potassium: 91.78mg (2.62%), Vitamin E: 0.36mg (2.38%), Vitamin B5: 0.22mg (2.25%), Folate: 8.85µg (2.21%), Vitamin B6: 0.04mg (2.17%), Selenium: 1.15µg (1.64%), Magnesium: 6.31mg (1.58%), Vitamin C: 1.21mg (1.47%), Manganese: 0.03mg (1.44%), Copper: 0.03mg (1.28%), Vitamin B3: 0.24mg (1.18%), Zinc: 0.16mg (1.07%), Vitamin B12: 0.06µg (1.01%)