



Nicole's Avocado Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocado pitted peeled mashed
- 8 ounce curd cottage cheese
- 4 ounce pepper flakes diced green drained canned
- 6 servings salt and pepper to taste

Equipment

- bowl

Directions

In a medium bowl, mix together the cottage cheese, avocado, and chiles; season with salt and pepper.

Nutrition Facts

PROTEIN 14.52% **FAT 64.13%** **CARBS 21.35%**

Properties

Glycemic Index:18.67, Glycemic Load:1.46, Inflammation Score:-5, Nutrition Score:9.5913043955098%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 151.8kcal (7.59%), Fat: 11.56g (17.78%), Saturated Fat: 2.09g (13.03%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 3.89g (1.41%), Sugar: 2.45g (2.73%), Cholesterol: 6.43mg (2.14%), Sodium: 319.25mg (13.88%), Alcohol: 0g (100%), Protein: 5.89g (11.78%), Vitamin C: 33.86mg (41.04%), Fiber: 4.77g (19.09%), Vitamin K: 16.72µg (15.92%), Folate: 63.15µg (15.79%), Vitamin B6: 0.29mg (14.26%), Potassium: 425.16mg (12.15%), Vitamin B5: 1.18mg (11.79%), Vitamin E: 1.55mg (10.32%), Phosphorus: 103.07mg (10.31%), Vitamin B2: 0.17mg (9.7%), Copper: 0.16mg (8.14%), Vitamin B3: 1.44mg (7.19%), Magnesium: 26.81mg (6.7%), Vitamin A: 330.66IU (6.61%), Manganese: 0.13mg (6.59%), Selenium: 4.03µg (5.76%), Vitamin B1: 0.07mg (4.58%), Calcium: 42.18mg (4.22%), Zinc: 0.63mg (4.2%), Iron: 0.59mg (3.28%), Vitamin B12: 0.16µg (2.71%)