



Pistachio-Avocado Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado ripe
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter melted
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup pistachios finely chopped

Equipment

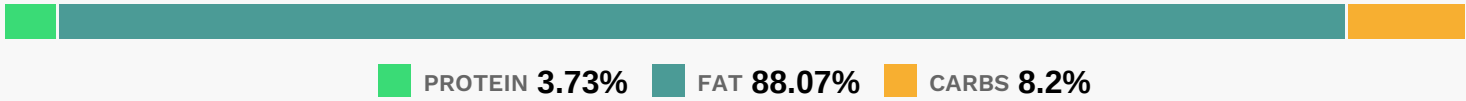
- ☐ bowl

frying pan

Directions

- Cook pistachios in butter in a medium skillet, stirring constantly, until lightly browned.
- Remove from pan, and cool.
- Mash avocado in a medium bowl. Stir in lemon juice.
- Add toasted nuts, mayonnaise, and pepper.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:9.3813042873922%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 354.4kcal (17.72%), Fat: 35.83g (55.13%), Saturated Fat: 6.72g (41.99%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 3.02g (1.1%), Sugar: 1.31g (1.46%), Cholesterol: 19.28mg (6.43%), Sodium: 203.99mg (8.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Vitamin K: 56.85µg (54.14%), Fiber: 4.49g (17.96%), Vitamin B6: 0.31mg (15.35%), Vitamin E: 2.28mg (15.2%), Folate: 47.73µg (11.93%), Copper: 0.24mg (11.88%), Manganese: 0.23mg (11.42%), Potassium: 359.83mg (10.28%), Vitamin B1: 0.13mg (8.43%), Phosphorus: 83.57mg (8.36%), Vitamin B5: 0.81mg (8.08%), Vitamin C: 6.08mg (7.37%), Magnesium: 27.83mg (6.96%), Vitamin B2: 0.09mg (5.23%), Vitamin B3: 1.01mg (5.07%), Vitamin A: 223.01IU (4.46%), Iron: 0.76mg (4.24%), Zinc: 0.6mg (3.97%), Selenium: 1.61µg (2.3%), Calcium: 21.06mg (2.11%)