



Spicy Avocado Dip

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 medium fully avocados pitted ripe peeled
- 0.5 tsp cayenne pepper (cayenne)
- 16 oz knudsen cream sour
- 0.3 cup green onion
- 1 Tbsp juice of lime
- 1 env. seasons ranch dressing mix good

Equipment

- potato masher

Directions

- Mash avocados with fork or potato masher until smooth.
- Add remaining ingredients; mix until well blended. Cover. Refrigerate 1 hour or until chilled.
- Serve with crackers, cut-up fresh vegetables or chips.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:5.3269564587137%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 155.87kcal (7.79%), Fat: 14.73g (22.66%), Saturated Fat: 5.44g (34.01%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 3.16g (1.15%), Sugar: 1.9g (2.12%), Cholesterol: 26.76mg (8.92%), Sodium: 24.83mg (1.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Vitamin K: 14.38µg (13.69%), Fiber: 2.79g (11.16%), Folate: 37.13µg (9.28%), Vitamin A: 404.4IU (8.09%), Vitamin B2: 0.13mg (7.74%), Potassium: 262.14mg (7.49%), Vitamin B5: 0.71mg (7.15%), Vitamin E: 1.05mg (6.99%), Vitamin C: 5.42mg (6.57%), Vitamin B6: 0.13mg (6.31%), Phosphorus: 56.78mg (5.68%), Calcium: 52.78mg (5.28%), Copper: 0.09mg (4.37%), Magnesium: 16.95mg (4.24%), Vitamin B3: 0.76mg (3.82%), Manganese: 0.07mg (3.41%), Zinc: 0.42mg (2.8%), Selenium: 1.86µg (2.66%), Vitamin B1: 0.04mg (2.54%), Iron: 0.3mg (1.66%), Vitamin B12: 0.1µg (1.59%)