



## Veggie Sticks with Avocado-Lime Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



115 kcal

SIDE DISH

### Ingredients

- 10 oz firm-ripe avocado pitted peeled
- 1 garlic clove peeled
- 0.5 pound green beans ends trimmed
- 6 servings ice cubes
- 0.5 pound jicama peeled cut into 1/2-inch-thick sticks
- 0.5 teaspoon kosher salt
- 2 tablespoons juice of lime fresh
- 0.5 cup nonfat yogurt plain

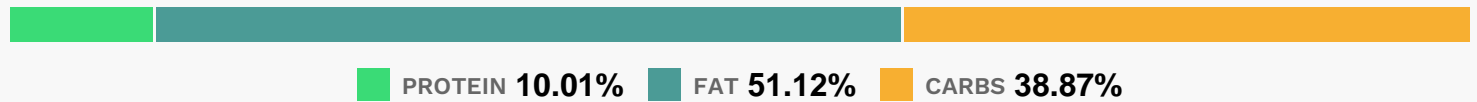
## Equipment

- food processor
- bowl
- frying pan
- blender

## Directions

- In a 2- to 3-qt. pan over high heat, bring about 1 qt. water to a boil.
- Add green beans and cook until tender to the bite, 3 to 6 minutes.
- Drain and immerse immediately in ice water until cool, about 2 minutes; drain again.
- In a blender or food processor, combine avocado, yogurt, lime juice, mint (if using), garlic, and salt; whirl until very smooth.
- Spoon dip into a bowl and serve with green beans and jicama sticks.

## Nutrition Facts



## Properties

Glycemic Index:21.83, Glycemic Load:1.36, Inflammation Score:-5, Nutrition Score:9.0656521424003%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

## Nutrients (% of daily need)

Calories: 115.1kcal (5.76%), Fat: 7.11g (10.93%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 6.08g (2.21%), Sugar: 3.88g (4.31%), Cholesterol: 0.41mg (0.14%), Sodium: 219.58mg (9.55%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin K: 26.37µg (25.11%), Fiber: 6.07g (24.28%), Vitamin C: 18.81mg (22.8%), Folate: 58.25µg (14.56%), Potassium: 425.57mg (12.16%), Vitamin B6: 0.21mg (10.48%), Vitamin B2: 0.16mg (9.46%), Vitamin B5: 0.93mg (9.32%), Manganese: 0.18mg (9.11%), Vitamin E: 1.32mg (8.79%), Magnesium: 32.66mg (8.16%), Phosphorus: 79.26mg (7.93%), Copper: 0.15mg (7.45%), Vitamin A: 341.71IU (6.83%), Calcium: 68.23mg (6.82%), Vitamin B3: 1.21mg (6.06%), Vitamin B1: 0.08mg (5.48%), Iron: 0.91mg (5.05%), Zinc: 0.67mg (4.45%), Selenium: 1.49µg (2.13%), Vitamin B12: 0.12µg (2.08%)