



Vickie's Gazpacho Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 avocados diced pitted peeled
- ☐ 1.5 tablespoons cider vinegar
- ☐ 1 teaspoon garlic salt
- ☐ 4.5 oz chiles diced green undrained canned
- ☐ 4 green onions thinly sliced
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐ 3 tomatoes diced

Equipment

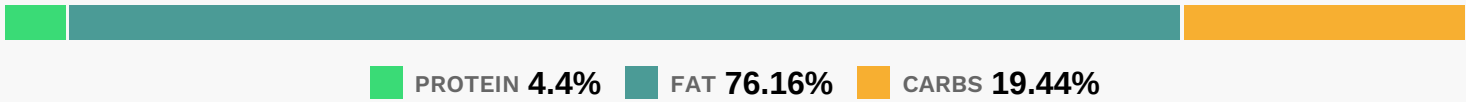
☐ bowl

☐ whisk

Directions

- ☐ Combine tomatoes, avocados, onions and chiles in a large bowl; set aside.
- ☐ Whisk together olive oil and remaining 4 ingredients; drizzle over vegetables and toss well. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:36.4, Glycemic Load:1.81, Inflammation Score:-8, Nutrition Score:16.193912874097%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 290.13kcal (14.51%), Fat: 26.37g (40.56%), Saturated Fat: 3.76g (23.5%), Carbohydrates: 15.14g (5.05%), Net Carbohydrates: 5.47g (1.99%), Sugar: 2.98g (3.31%), Cholesterol: 0mg (0%), Sodium: 813.02mg (35.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Vitamin K: 56.25µg (53.57%), Vitamin C: 32.7mg (39.64%), Fiber: 9.67g (38.7%), Folate: 128.69µg (32.17%), Vitamin E: 4.16mg (27.72%), Potassium: 819.99mg (23.43%), Vitamin B6: 0.41mg (20.29%), Vitamin A: 919.24IU (18.38%), Vitamin B5: 1.77mg (17.71%), Manganese: 0.3mg (14.83%), Copper: 0.28mg (14.14%), Vitamin B3: 2.75mg (13.74%), Magnesium: 46.45mg (11.61%), Vitamin B2: 0.19mg (10.96%), Phosphorus: 87.3mg (8.73%), Iron: 1.42mg (7.86%), Vitamin B1: 0.12mg (7.74%), Zinc: 0.96mg (6.42%), Calcium: 39.22mg (3.92%)