

# Avocado and Herb Dip

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

## Yield: 2 cups

*1 avocado*  
*1 tablespoon sour cream*  
*1 tablespoon lemon juice*  
*1 tablespoon light olive oil*  
*1 small seeded tomato*  
*3/4 cup coriander leaves*  
*salt (to taste)*  
*pepper (to taste)*

In a food processor, place the avocado, sour cream, lemon juice, olive oil, tomato and coriander leaves. Mix until smooth.

Season with salt and pepper.

Transfer to a glass bowl. Lay plastic wrap directly onto the surface of the dip (to prevent a skin forming). Keep refrigerated until ready to use.

(Try to make this dip close to serving time so that it doesn't discolor.)

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Per Serving (excluding unknown items): 418 Calories; 35g Fat (67.8% calories from fat); 9g Protein; 28g Carbohydrate; 7g Dietary Fiber; 6mg Cholesterol; 73mg Sodium. Exchanges: 2 Vegetable; 1 Fruit; 0 Non-Fat Milk; 7 Fat.

Appetizers

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	418	<b>Vitamin B6 (mg):</b>	.8mg
<b>% Calories from Fat:</b>	67.8%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	24.2%	<b>Thiamin B1 (mg):</b>	.5mg
<b>% Calories from Protein:</b>	7.9%	<b>Riboflavin B2 (mg):</b>	.5mg
<b>Total Fat (g):</b>	35g	<b>Folacin (mcg):</b>	187mcg
<b>Saturated Fat (g):</b>	7g	<b>Niacin (mg):</b>	6mg
<b>Monounsaturated Fat (g):</b>	21g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	4g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	6mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	28g		
<b>Dietary Fiber (g):</b>	7g		

## Food Exchanges

Grain (Starch): 0

**Protein (g):** 9g  
**Sodium (mg):** 73mg  
**Potassium (mg):** 2208mg  
**Calcium (mg):** 309mg  
**Iron (mg):** 11mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 145mg  
**Vitamin A (i.u.):** 2610IU  
**Vitamin A (r.e.):** 283RE

**Lean Meat:** 0  
**Vegetable:** 2  
**Fruit:** 1  
**Non-Fat Milk:** 0  
**Fat:** 7  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 418                      **Calories from Fat:** 284

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### % Daily Values\*

<b>Total Fat</b> 35g	53%
Saturated Fat 7g	34%
<b>Cholesterol</b> 6mg	2%
<b>Sodium</b> 73mg	3%
<b>Total Carbohydrates</b> 28g	9%
Dietary Fiber 7g	29%
<b>Protein</b> 9g	
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<b>Vitamin A</b>	52%
<b>Vitamin C</b>	242%
<b>Calcium</b>	31%
<b>Iron</b>	62%

\* Percent Daily Values are based on a 2000 calorie diet.