

# Del Frisco Style Avocado Dressing

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## Servings: 8

2 large ripe avocados  
1 cup sour cream  
1 cup light cream  
1 tablespoon onion, grated  
dash cayenne  
1 teaspoon salt  
2 cloves garlic, crushed  
2 tablespoons lemon juice

In a blender or food processor, place all of the ingredients. Blend until smooth.

Place the dressing in a container. Cover tightly.

Refrigerate for a few hours.

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Per Serving (excluding unknown items): 123 Calories; 12g Fat (84.7% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 33mg Cholesterol; 294mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	123
% Calories from Fat:	84.7%
% Calories from Carbohydrates:	9.6%
% Calories from Protein:	5.7%
Total Fat (g):	12g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	33mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	294mg
Potassium (mg):	88mg
Calcium (mg):	66mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	5mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

Iron (mg): trace  
Zinc (mg): trace  
Vitamin C (mg): 3mg  
Vitamin A (i.u.): 444IU  
Vitamin A (r.e.): 123RE

Fat: 2 1/2  
Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 123      **Calories from Fat:** 104

### % Daily Values\*

**Total Fat** 12g 18%  
Saturated Fat 7g 37%  
**Cholesterol** 33mg 11%  
**Sodium** 294mg 12%  
**Total Carbohydrates** 3g 1%  
Dietary Fiber trace 0%  
**Protein** 2g

**Vitamin A** 9%  
**Vitamin C** 4%  
**Calcium** 7%  
**Iron** 0%

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