

Avocado and Greek Yogurt Dip

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/avocado-and-greek-yogurt-recipe>

Ingredients:

- 1/2 cup plain Greek yogurt
- 1 avocado pitted and scooped from shell
- 3 cloves garlic
- 1 pepper jalapeno, seeded and chopped
- 1/2 small tomato seeded and chopped
- 3 tablespoons fresh parsley
- 3 tablespoons fresh cilantro
- 1/2 lime
- 1 pinch salt to taste

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 2 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 95 milligrams
9. Sugar: 3 grams

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