

# Creamy Guacamole Dip

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-guacamole-recipe>

## Ingredients:

- 1 jalapeno seeds removed, chopped
- 1 clove garlic
- 1 cup plain greek yogurt
- 3 avocados halved, pitted and scooped out
- 1 teaspoon red chile powder plus more for garnish
- 1 lime
- salt to taste

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 17 grams
3. Fat: 23 grams
4. Fiber: 12 grams
5. Protein: 3 grams
6. SaturatedFat: 3 grams
7. Sodium: 210 milligrams
8. Sugar: 2 grams

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