

Guacamole-Mexican Avocado dip

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/guacomole-mexico-recipe>

Ingredients:

- 2 avocados mashed
- 1/2 cup diced onion
- 1/2 cup diced tomatoes
- 1 teaspoon lime juice
- 8 finely chopped garlic
- 1 cup coriander leaves freshly chopped, or greens of spring onions
- 1 teaspoon ground cayenne pepper
- 1 teaspoon freshly ground black pepper powder
- salt as per taste

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 15 grams
3. Fat: 15 grams
4. Fiber: 8 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 210 milligrams
8. Sugar: 3 grams

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