

Healthy Mexican Layer Dip

Yield: 8 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-mexican-layer-dip-recipe>

Ingredients:

- 1 container Sabra Hummus I used garlic
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1 pinch cayenne pepper optional
- 1/2 cup salsa Sabra, I used pico de gallo
- 1 cup black beans cooked
- 1 cup romaine lettuce shredded
- 1/2 cup grape tomatoes chopped into quarters
- 1/4 cup red onion or yellow
- 1/2 jalapeño pepper de-seeded and chopped, optional
- 1 avocado pitted and chopped
- 1 lime
- 2 ounces queso fresco crumbled
- 1 handful cilantro leaves fresh, chopped

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 5 grams
6. Protein: 3 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 220 milligrams
9. Sugar: 2 grams

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