

Jalapeno and Avocado Greek Yogurt Dressing

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/low-fat-greek-yogurt-dressing-recipe>

Ingredients:

- 1 avocado medium
- 1 jalapeno medium, deseeded and cut into smaller pieces
- 1 juice lime -
- 1/4 cup greek yogurt
- 1 cup skim milk
- 1/2 teaspoon minced garlic
- 1/8 cup cilantro
- black pepper to Taste

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 45 milligrams
9. Sugar: 9 grams

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