

Guacamole Dip

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-7-layer-dip-recipe-vegan>

Ingredients:

- 6 avocados ripe, mashed
- 8 Roma tomatoes diced
- 3 green onions chopped
- 1 jalapeno pepper diced
- 1 garlic clove minced
- 1/2 bunch fresh cilantro chopped
- 2 limes
- salt
- pepper

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 43 grams
3. Fat: 46 grams
4. Fiber: 26 grams
5. Protein: 9 grams
6. SaturatedFat: 6 grams
7. Sodium: 250 milligrams
8. Sugar: 9 grams

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