

Broccamole (Mexican Broccoli Dip)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-broccoli-recipe>

Ingredients:

- 4 cups broccoli florets
- 6 ounces yogurt sour cream, cream cheese, or silken tofu
- 1/2 lime
- 1 clove garlic
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 dash salt
- 1 tablespoon cilantro chopped
- 1/2 cup tomatoes diced
- 1 red onion small, diced
- 1/2 jalapeno diced

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 1 grams
8. Sodium: 135 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Broccamole (Mexican Broccoli Dip) above. You can see more 18 mexican broccoli recipe Ignite your passion for cooking! to get more great cooking ideas.