

# Triple Layer Mexican Party Dip

Yield: 12 min  
Total Time: 30 min

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

## Ingredients:

- 2 avocados halved, seeded, and peeled
- 1/2 lime juice a freshly squeezed
- 1/4 teaspoon kosher salt
- 1 tablespoon cilantro minced
- 1/4 red onion small, minced
- 1/4 jalapeño peppers minced
- 1/2 cup sour cream
- 3 tablespoons crumbled goat cheese finely, or other salty, soft cheese
- 2 tablespoons cream cheese softened
- 1 tablespoon lime juice
- 1 tablespoon cilantro minced
- 1 pinch salt
- 1 cup fresh tomatoes diced small
- 1/2 cup bell pepper I used green, diced small, optional
- 3 tablespoons red onion diced small
- 1/2 fresh lime juice only
- 1 tablespoon fresh lemon juice
- 2 tablespoons cilantro minced
- 1/2 tablespoon minced garlic
- 1 teaspoon jalapeño minced
- 1/4 teaspoon kosher salt
- dash pepper

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 10 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams

6. Protein: 2 grams
  7. SaturatedFat: 3 grams
  8. Sodium: 160 milligrams
  9. Sugar: 2 grams
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