

# Spicy Avocado Yogurt Dipping Sauce with FAGE Total

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-dipping-sauce-recipe-yogurt>

## Ingredients:

- 3 Haas avocados fully ripe, pitted and peeled
- 1 cup yogurt FAGE Total 0%
- 1 jalapeno seeds removed and minced
- 1 teaspoon kosher salt
- 2 tablespoons fresh lemon juice of about one medium lemon

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 5 milligrams
4. Fat: 24 grams
5. Fiber: 11 grams
6. Protein: 4 grams
7. SaturatedFat: 4 grams
8. Sodium: 630 milligrams
9. Sugar: 4 grams

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