

Zesty Avocado Dip

4 Servings • 1 Serving = 3 Tablespoons

Recipe adapted from "Thriving Home"



INGREDIENTS

- 1 medium avocado, mashed
- Juice from ½ lemon
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- 1/8 teaspoon salt
- Pinch of black pepper

DIRECTIONS

1. Combine all ingredients in a small bowl and mix well.
2. Cover with plastic wrap, pressing the plastic wrap into the dip to help prevent browning. Chill until ready to serve.

Nutrition Facts

About 4 servings per container
Serving size **3 tablespoons**
(44g)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 183mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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