

HIGH PROTEIN DIPS AND SALAD DRESSINGS

Guacamole with Greek Yogurt

Creamy Avocado, Yogurt dressing cool and Rich and Smooth.

Directions: in a bowl combine all ingredients and mix until blended. Salt and hot pepper sauce to taste. Use as a dip, sandwich for grilled meats or vegetables.

TOTAL NUTRITION VALUES OF THE RECIPE.

Calories: 207.5	Total Fat: 11.02 g.	Total Carbs: 14.49 g.	Fiber: 5.2 g.	Net Carbs: 9.29 g.	Protein: 16.74 g.
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- 1) **Main Source of Carbohydrate:** ½ CUP OF AVOCADO IN CUBES, PLUS 1 TBSP. LEMON JUICE (15.3 g.) PLUS 1 CLOVE MINCED GARLIC, PLUS 2 TBSP. MINCED CILANTRO.

NUTRITION DESCRIPTION	
Calories	127.5 cal
Total fat	11.02 g.
Total Carbs	8.49 g.
Fiber	5.2 g.
Net Carbs	3.29 g.
Protein	1.74 g.

- 2) **Main Source of Protein:** Plain Greek Yogurt Serving Size 5.3 OZ (150 g.)

NUTRITION DESCRIPTION	
Calories	80 Cal
Total fat	0 g.
Total Carbs	6 g.
Fiber	0 g.
Net Carbs	6 g.
Protein	15 g.

- 3) **Main Source of Fat:** See above Avocado