



## Avocado Lime Dressing

A whipped, creamy, dairy-free topping. This dressing adds a zesty flavor to salads, chicken and rice dishes.

### U.S.

2 each	Avocado, diced
3/4 cup	Water
1/2 each	Lime, juiced and zested
1/4 tsp	Salt
1/4 tsp	Garlic powder
1 tsp	Olive oil

### Metric

2 each
175mL
1/2 each
1.5g
0.75g
5mL

### **Preparation:**

1. Gather all ingredients and equipment.
2. Combine all of the ingredients in a blender. Cover and blend until a consistent, smooth texture similar to mayonaise, 1-2 minutes.

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## Nutrition Facts

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20 Servings

**Serving size**                      **1 ounce**

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**Amount per serving**

**Calories**                              **25**

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<b>Total Fat</b>	2.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	25 mg
<b>Total Carbohydrate</b>	1 g
Dietary Fiber	1 g
Total Sugars	0 g
Includes <u>  0  </u> g Added Sugars	
<b>Protein</b>	0 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	71 mg
Phosphorus	10 mg

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