



This is a tangy and creamy dip that goes well with any entrée.

<b>U.S.</b>		<b>Metric</b>
3 each	Avocado, diced small	3 each
1 small	Yellow Onion, diced small	1 small
2 each	Tomato, globe, diced small	2 each
2 each	Lime, juiced	2 each
1/3 cup	Cilantro, fresh, minced	26.5 g
3 cloves	Garlic, minced	3 cloves
1 each	Jalepeno, deseeded, minced	1 each
1/4 tsp	Chili Powder	2.7 g
to taste	Black Pepper, ground	to taste
1/4 tsp	Salt, Kosher	1.5 g

**Preparation:**

1. Gather all ingredients and equipment.
2. Add all of the ingredients to a bowl, mix and enjoy.

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<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1/4 cup</b>
<b>Servings</b>	<b>4</b>
<b>Calories</b>	150
Calories from Fat	100
Total Fat	11 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	90 mg
Carbohydrates	13 g
Dietary Fiber	6 g
Sugars	2 g
Protein	1 g
Vitamin A	15 %
Calcium	25 %
Vitamin C	2 %
Iron	2 %
Phosphorus	23 mg

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