



Southwest Guiltless Guacamole Dip



1/8th of recipe (about 1/4 cup): 73 calories, 4g total fat (0.5g sat fat), 180mg sodium, 6g carbs, 2.5g fiber, 2g sugars, 4g protein

Freestyle™ [SmartPoints®](#) value 2*

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Prep: 15 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

8 oz. mashed avocado (about 1 cup; about 2 small avocados)
1 cup fat-free plain Greek yogurt
1 tsp. lime juice
3/4 tsp. garlic powder
3/4 tsp. chili powder
1/2 tsp. salt
1/4 cup canned black beans, drained and rinsed
1/4 cup chopped red bell pepper
1/4 cup finely chopped red onion
2 tbsp. finely chopped cilantro

Directions

In a medium bowl, combine avocado, yogurt, lime juice, garlic powder, chili powder, and salt. Mix until smooth and uniform.

Stir in black beans, pepper, onion, and cilantro.

Cover and refrigerate until ready to serve.

MAKES 8 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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