



## 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

[Click for WW Points® value\\*](#)

**Prep:** 15 minutes



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

### 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**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.