



## Tropical Guacamole



1/8th of recipe (about 1/4 cup): 68 calories, 4g total fat (0.5g sat fat), 156mg sodium, 6g carbs, 2.5g fiber, 2.5g sugars, 2.5g protein

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 10 minutes



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

## Ingredients

8 oz. mashed avocado (about 1 cup or 2 small avocados' worth)  
2/3 cup fat-free plain Greek yogurt  
1 tsp. lime juice  
1/2 tsp. garlic powder  
1/2 tsp. ground cumin  
1/2 tsp. salt  
1/2 cup finely chopped mango  
1/4 cup finely chopped red onion  
1/4 cup peeled and finely chopped jicama  
2 tbsp. finely chopped fresh cilantro

## Directions

In a medium bowl, combine avocado, yogurt, lime juice, and seasonings. Mix until mostly smooth and uniform.

Stir in remaining ingredients.

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.)

\*The **[SmartPoints](#)®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **[SmartPoints](#)®** trademark.