

Avocado Pesto Dip

Ingredients:

- 2 medium avocados peeled, pitted, chopped
- 1 cup fresh basil leaves
- 1/4 cup unsalted pine nuts
- 3 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 3 medium garlic cloves
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions

In a food processor or blender, process all ingredients for about 3 minutes or until the mixture is creamy.

Nutrition Facts

Serving Size 1/4 cup (51g)
Servings Per Container 8

Amount Per Serving

Calories 130 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 4g **1%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 1g

Vitamin A 6% • Vitamin C 8%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

