

**Sauces**

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# **Avocado-Chile Spread**

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**1 avocado**

**1/2 cup sour cream**

**1/4 cup canned green chiles, chopped**

**juice of one lime**

**1/2 clove garlic**

**salt (to taste)**

In a blender, puree the avocado, sour cream, chiles, lime juice and garlic. Season with salt.

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Per Serving (excluding unknown items): 572 Calories; 55g Fat (81.5% calories from fat); 8g Protein; 20g Carbohydrate; 5g Dietary Fiber; 51mg Cholesterol; 82mg Sodium. Exchanges: 0 Vegetable; 1 Fruit; 1/2 Non-Fat Milk; 11 Fat.