

Recipe Analyzer Results

A single serving of party in your mouth dip has 149 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Serving size: 1/2 cup

Servings: 6

Amount per serving

Calories 149

% Daily Value*

Total Fat 5.4g 7%

Saturated Fat 0.7g 4%

Cholesterol 0mg 0%

Sodium 280mg 12%

Total Carbohydrate 23.8g 9%

Dietary Fiber 6.7g 24%

Total Sugars 4.4g

Protein 5.2g

Vitamin D 0mcg 0%

Calcium 45mg 3%

Iron 2mg 10%

Potassium 576mg 12%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**

Ingredients:

- 4 roma tomatoes
- 1/4 red onion
- 1 can corn
- 1 can black beans
- 2 avocados
- 1/4 c cilantro
- 1 juice of 2 limes
- 4 green onion