

Recipe Name **Mexican Crema**

- Ingredients:**
- ½ cup dairy free sour cream
 - ½ ripe avocado, mashed
 - ½ tsp lime zest
 - 1 Tbsp lime juice

Directions

1. Combine all the ingredients and whisk till smooth (if avocado is not very ripe it will not be smooth – can also make without using the avocado)
2. The crema is now ready to use or can be stored in a covered container in the refrigerator for up to 2 days.

Nutrition Facts

Servings: 8

Amount per serving	
Calories	76
% Daily Value*	
Total Fat 7.5g	10%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 26mg	1%
Total Carbohydrate 4.3g	2%
Dietary Fiber 2.9g	10%
Total Sugars 0.1g	
Protein 1.3g	
Vitamin D 0mcg	0%
Calcium 42mg	3%
Iron 0mg	0%
Potassium 64mg	1%

*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**

