

Caramel Fruit Dip

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 1 cup

1 cup sour cream
1 tablespoon brown sugar, packed
1 tablespoon coffee-flavored liqueur
(such as Kahlua)
caramel sauce (for garnish)

In a bowl, combine the sour cream, brown sugar and liqueur.

Drizzle with caramel sauce.

Per Serving (excluding unknown items): 527 Calories; 48g Fat (80.7% calories from fat); 7g Protein; 19g Carbohydrate; 0g Dietary Fiber; 102mg Cholesterol; 126mg Sodium. Exchanges: 1/2 Non-Fat Milk; 9 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	527	Vitamin B6 (mg):	trace
% Calories from Fat:	80.7%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	13.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.4%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	48g	Folacin (mcg):	25mcg
Saturated Fat (g):	30g	Niacin (mg):	trace
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	102mg	% Refuse:	0 0%
Carbohydrate (g):	19g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	7g	Lean Meat:	0
Sodium (mg):	126mg	Vegetable:	0
Potassium (mg):	363mg	Fruit:	0
Calcium (mg):	275mg	Non-Fat Milk:	1/2
Iron (mg):	trace	Fat:	9 1/2
Zinc (mg):	1mg	Other Carbohydrates:	1/2
Vitamin C (mg):	2mg		

