Charred Red Onion Dip

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Servings: 8
Yield: 3 tablespoons

1/2 cup plain nonfat Greek yogurt
1/2 cup light sour cream
1 cup grilled red onion, chopped
1/4 teaspoon pepper
1/4 teaspoon Worcestershire sauce
1/8 teaspoon ground red pepper
1/8 teaspoon salt
baked sweet potato chips

In a bowl, combine the yogurt and sour cream.

Add the red onion, pepper, Worcestershire sauce, red pepper and salt to the mixture. Mix well to combine.

Serve with baked sweet potato chips.

Per Serving (excluding unknown items): 5 Calories; trace Fat (40.6% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 37mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	5	**Vitamin B6 (mg):**	0mg
% Calories from Fat:	40.6%	**Vitamin B12 (mcg):**	0mcg
% Calories from Carbohydrates:	40.7%	**Thiamin B1 (mg):**	0mg
% Calories from Protein:	18.6%	**Riboflavin B2 (mg):**	trace
Total Fat (g):	trace	**Folacin (mcg):**	trace
Saturated Fat (g):	trace	**Niacin (mg):**	trace
Monounsaturated Fat (g):	trace	**Caffeine (mg):**	0mg
Polyunsaturated Fat (g):	trace	**Alcohol (kcal):**	0
Cholesterol (mg):	1mg	**% Refuse:**	0.0%
Carbohydrate (g):	1g		

Food Exchanges

Dietary Fiber (g):	trace	**Grain (Starch):**	0
Protein (g):	trace	**Lean Meat:**	0
Sodium (mg):	37mg	**Vegetable:**	0
Potassium (mg):	2mg	**Fruit:**	0

Calcium (mg):	6mg	**Non-Fat Milk:**	0
Iron (mg):	trace	**Fat:**	0
Zinc (mg):	trace	**Other Carbohydrates:**	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	2IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 5	Calories from Fat: 2

	% Daily Values*
Total Fat trace	0%
Saturated Fat trace	1%
Cholesterol 1mg	0%
Sodium 37mg	2%
Total Carbohydrates 1g	0%
Dietary Fiber trace	0%
Protein trace	

Vitamin A	0%
Vitamin C	1%
Calcium	1%
Iron	0%

Percent Daily Values are based on a 2000 calorie diet.