

# Cilantro-Chipotle Dipping Sauce

AvocadoCentral.com

Publix FamilyStyle Magazine - June/July 2014

1 container (8 ounce) light sour cream  
1 tablespoon fresh cilantro, chopped  
1 1/2 teaspoons canned chipotle  
peppers in adobo sauce, chopped

## Bake:

In a small bowl, combine the sour cream, cilantro and chipotle peppers. Mix well.

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Per Serving (excluding unknown items): 10 Calories; 1g Fat (41.9% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 8mg Sodium. Exchanges: 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	10
% Calories from Fat:	41.9%
% Calories from Carbohydrates:	38.9%
% Calories from Protein:	19.3%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	2mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	8mg
Potassium (mg):	5mg
Calcium (mg):	12mg
Iron (mg):	trace
Zinc (mg):	0mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	65IU
Vitamin A (r.e.):	6 1/2RE

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 10 **Calories from Fat:** 4

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### % Daily Values\*

<b>Total Fat</b> 1g	1%
Saturated Fat trace	2%
<b>Cholesterol</b> 2mg	1%
<b>Sodium</b> 8mg	0%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber trace	0%
<b>Protein</b> 1g	
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<b>Vitamin A</b>	1%
<b>Vitamin C</b>	1%
<b>Calcium</b>	1%
<b>Iron</b>	0%

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*\* Percent Daily Values are based on a 2000 calorie diet.*