

Cucumber & Dill Dip

*Cooking Light Test Kitchen Staff
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Yield: 3 tablespoons per serving

*1/2 cup plain nonfat Greek yogurt
1/2 cup light sour cream
1 cup English cucumber, grated
3 tablespoons fresh dill, chopped
1 teaspoon garlic, grated
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper.*

In a bowl, combine the yogurt and sour cream.

Add the cucumber, dill, garlic, salt and pepper. Mix well.

Serve with sliced cucumber.

Per Serving (excluding unknown items): 60 Calories; 2g Fat (29.1% calories from fat); 4g Protein; 9g Carbohydrate; 2g Dietary Fiber; 9mg Cholesterol; 563mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	60	Vitamin B6 (mg):	trace
% Calories from Fat:	29.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	48.4%	Thiamin B1 (mg):	0mg
% Calories from Protein:	22.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	3mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	9mg	% Refuse:	n n%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	0
Sodium (mg):	563mg	Vegetable:	0
Potassium (mg):	24mg	Fruit:	0

Calcium (mg): 58mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 9mg
Vitamin A (i.u.): 429IU
Vitamin A (r.e.): 13RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 60 Calories from Fat: 17

% Daily Values*

Total Fat	2g		4%
	Saturated Fat	2g	9%
Cholesterol	9mg		3%
Sodium	563mg		23%
Total Carbohydrates	9g		3%
	Dietary Fiber	2g	6%
Protein	4g		
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Vitamin A			9%
Vitamin C			16%
Calcium			6%
Iron			1%

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