

Deviled Dip

Mrs. Kenneth B. Waldron - Mountain Rest, SC
Southern Living - 1987 Annual Recipes

Yield: 1 cup

1 carton (8 ounce) plain low-fat yogurt
2 teaspoons prepared mustard
2 teaspoons pickapeppa sauce
2 teaspoons green pepper flakes
1 1/2 teaspoons dry onion flakes
1/8 teaspoon white pepper
1/8 teaspoon garlic powder
1/8 teaspoon hot sauce

In a small bowl, combine all of the ingredients. Stir well.

Cover and chill.

Serve with raw vegetables.

Per Serving (excluding unknown items): 165 Calories; 4g Fat (23.1% calories from fat); 13g Protein; 18g Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 312mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	165	Vitamin B6 (mg):	.1mg
% Calories from Fat:	23.1%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	44.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	32.5%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	4g	Folacin (mcg):	28mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	15mg	% Refuse:	n n%
Carbohydrate (g):	18g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	13g	Lean Meat:	0
Sodium (mg):	312mg	Vegetable:	0
Potassium (mg):	591mg	Fruit:	0

Calcium (mg): 457mg
Iron (mg): trace
Zinc (mg): 2mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 163IU
Vitamin A (r.e.): 49RE

Non-Fat Milk: 1
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 165 Calories from Fat: 38

% Daily Values*

Total Fat	4g		7%
	Saturated Fat	2g	12%
Cholesterol	15mg		5%
Sodium	312mg		13%
Total Carbohydrates	18g		6%
	Dietary Fiber	trace	1%
Protein	13g		
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Vitamin A			3%
Vitamin C			4%
Calcium			46%
Iron			2%

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