

Easy Taco Dip

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Yield: 3 cups

1 1/2 cups Miracle Whip®

1 1/2 cups sour cream

1 package (1.25 ounce) taco seasoning mix

Preparation Time: 5 minutes

In a bowl, mix together the Miracle Whip, sour cream and taco seasoning until well blended.

Chill.

Serve with assorted chips or vegetable dippers.

Per Serving (excluding unknown items): 2522 Calories; 240g Fat (84.9% calories from fat); 13g Protein; 83g Carbohydrate; 2g Dietary Fiber; 273mg Cholesterol; 4792mg Sodium. Exchanges: 1 Non-Fat Milk; 48 Fat; 4 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2522	Vitamin B6 (mg):	trace
% Calories from Fat:	84.9%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	13.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.1%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	240g	Folacin (mcg):	37mcg
Saturated Fat (g):	69g	Niacin (mg):	trace
Monounsaturated Fat (g):	21g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	273mg	% Refuse:	n n%
Carbohydrate (g):	83g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	13g	Lean Meat:	0
Sodium (mg):	4792mg	Vegetable:	0
Potassium (mg):	497mg	Fruit:	0
Calcium (mg):	402mg	Non-Fat Milk:	1
Iron (mg):	trace	Fat:	48

Zinc (mg): 1mg
 Vitamin C (mg): 3mg
 Vitamin A (i.u.): 6773IU
 Vitamin A (r.e.): 1222 1/2RE

Other Carbohydrates: 4 1/2

Nutrition Facts

Amount Per Serving

Calories 2522 Calories from Fat: 2141

% Daily Values*

Total Fat	240g	370%
Saturated Fat	69g	345%
Cholesterol	273mg	91%
Sodium	4792mg	200%
Total Carbohydrates	83g	28%
Dietary Fiber	2g	10%
Protein	13g	
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Vitamin A		135%
Vitamin C		5%
Calcium		40%
Iron		1%

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