

Five-Minute Fruit Dip

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Yield: 1 1/4 cups

1/2 cup Miracle Whip®

*1 container (8 ounce) lemon-flavored
lowfat yogurt*

Preparation Time: 5 minutes

In a bowl, mix together the Miracle Whip and yogurt until well blended.

Chill.

Serve with assorted fresh fruit kebabs.

Per Serving (excluding unknown items): 560 Calories; 56g Fat (88.8% calories from fat); 0g Protein; 16g Carbohydrate; 0g Dietary Fiber; 40mg Cholesterol; 760mg Sodium. Exchanges: 11 Fat; 1 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	560	Vitamin B6 (mg):	0mg
% Calories from Fat:	88.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	11.2%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	56g	Folacin (mcg):	0mcg
Saturated Fat (g):	8g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	40mg	% Refuse:	0.0%
Carbohydrate (g):	16g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	760mg	Vegetable:	0
Potassium (mg):	0mg	Fruit:	0
Calcium (mg):	0mg	Non-Fat Milk:	0
Iron (mg):	0mg	Fat:	11

