

Molly Ringwald's Tzatziki Dip

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www.DashRecipes.com

Yield: 4 cups

4 cups fat-free Greek yogurt, strained
4 cloves garlic, minced
1 large cucumber, shredded with juice squeezed out
3 ounces olive oil
1 1/4 ounces wine vinegar
pinch salt

Preparation Time: 10 minutes

In a bowl, mix all of the ingredients.

Let infuse for at least two hours, preferably overnight, before serving.

Start to Finish Time: 2 hours 10 minutes

1. Store in a glass container (never plastic) to keep it tasting fresh.

2. Add a little finely chopped dill for the "island version".

3. For a lighter combo, serve with whole-grain pita and lean pork loin.

Per Serving (excluding unknown items): 775 Calories; 85g Fat (96.6% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 Vegetable; 17 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	775	Vitamin B6 (mg):	.1mg
% Calories from Fat:	96.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	3.1%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.4%	Riboflavin B2 (mg):	0mg
Total Fat (g):	85g	Folacin (mcg):	trace
Saturated Fat (g):	11g	Niacin (mg):	trace
Monounsaturated Fat (g):	63g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	6g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	2mg	Vegetable:	1
Potassium (mg):	84mg	Fruit:	0
Calcium (mg):	24mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	17

Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 775 Calories from Fat: 748

% Daily Values*

Total Fat	85g	131%
Saturated Fat	11g	57%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	6g	2%
Dietary Fiber	trace	1%
Protein	1g	

Vitamin A	0%
Vitamin C	6%
Calcium	2%
Iron	4%

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