

Sauces

Pineapple Salsa Dipping Sauce

Winn-Dixie

1 can (8 oz) crushed pineapple, well drained

1/3 cup lowfat sour cream

1/3 cup salsa

1 tablespoon chopped cilantro

Combine all ingredients; mix well.

Place in airtight container and refrigerate.

Per Serving (excluding unknown items): 267 Calories; 4g Fat (13.3% calories from fat); 6g Protein; 54g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 431mg Sodium. Exchanges: 1 Vegetable; 2 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.