

Sizzling CHA! French Onion Dip

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Yield: 2 1/2 cups

1 cup (16 ounce) sour cream
1/2 cup mayonnaise
1 package french onion seasoning
3 to 4 teaspoons Sriracha chile sauce

Place all of the ingredients in a mixing bowl..

Whisk together until fully incorporated.

Refrigerate until ready to serve.

Serve with fresh cut seasonal vegetables.

Per Serving (excluding unknown items): 1281 Calories; 142g Fat (94.6% calories from fat); 8g Protein; 10g Carbohydrate; 0g Dietary Fiber; 141mg Cholesterol; 748mg Sodium. Exchanges: 1/2 Non-Fat Milk; 17 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1281	Vitamin B6 (mg):	.7mg
% Calories from Fat:	94.6%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	2.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	142g	Folacin (mcg):	33mcg
Saturated Fat (g):	43g	Niacin (mg):	trace
Monounsaturated Fat (g):	39g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	47g	Alcohol (kcal):	0
Cholesterol (mg):	141mg	% Refuse:	n n%
Carbohydrate (g):	10g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	8g	Lean Meat:	0
Sodium (mg):	748mg	Vegetable:	0
Potassium (mg):	369mg	Fruit:	0
Calcium (mg):	288mg	Non-Fat Milk:	1/2
Iron (mg):	1mg	Fat:	17 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0

Vitamin C (mg): 2mg
Vitamin A (i.u.): 2125IU
Vitamin A (r.e.): 606 1/2RE

Nutrition Facts

Amount Per Serving

Calories 1281 Calories from Fat: 1212

% Daily Values*

Total Fat	142g	218%
Saturated Fat	43g	215%
Cholesterol	141mg	47%
Sodium	748mg	31%
Total Carbohydrates	10g	3%
Dietary Fiber	0g	0%
Protein	8g	
Vitamin A		43%
Vitamin C		3%
Calcium		29%
Iron		4%

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