

Tangy Pepperoncini Dip

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Yield: 1 1/2 cups

1 cup nonfat Greek yogurt

1/4 cup mayonnaise

1/2 cup pepperoncini pepper, finely chopped

coarse salt

ground pepper

In a medium bowl, stir together the yogurt, mayonnaise and pepperoncini.

Season with salt and pepper.

To store, refrigerate in an airtight container for up to five days.

Per Serving (excluding unknown items): 414 Calories; 47g Fat (93.3% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 318mg Sodium. Exchanges: 4 Fat; 1/2 Other Carbohydrates.

Appetizer

Per Serving Nutritional Analysis

Calories (kcal):	414	Vitamin B6 (mg):	.3mg
% Calories from Fat:	93.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	6.1%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	0mg
Total Fat (g):	47g	Folacin (mcg):	4mcg
Saturated Fat (g):	6g	Niacin (mg):	trace
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	23g	Alcohol (kcal):	0
Cholesterol (mg):	19mg	% Refuse:	n n%
Carbohydrate (g):	7g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	318mg	Vegetable:	0
Potassium (mg):	19mg	Fruit:	0
Calcium (mg):	10mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	4
Zinc (mg):	trace	Other Carbohydrates:	1/2

Vitamin C (mg): 0mg
Vitamin A (i.u.): 154IU
Vitamin A (r.e.): 31RE

Nutrition Facts

Amount Per Serving

Calories 414 Calories from Fat: 386

% Daily Values*

Total Fat 47g	72%
Saturated Fat 6g	32%
Cholesterol 19mg	6%
Sodium 318mg	13%
Total Carbohydrates 7g	2%
Dietary Fiber 1g	4%
Protein 1g	
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Vitamin A	3%
Vitamin C	0%
Calcium	1%
Iron	2%

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