

Vegetable Dip

"Fruits of the Spirit" (2001) - Colby and Jonathon Gillich
Grapevine United Methodist Church - Port St. Lucie, FL

1 cup sour cream
1 cup plain lowfat yogurt
1 envelope vegetable soup mix
1 box (10 ounce) frozen chopped spinach
round loaf of bread

In a bowl, mix the sour cream, yogurt and vegetable soup mix until well combined.

Squeeze all of the water from the thawed spinach. Stir into the sour cream mixture. Refrigerate.

Cut off the top of the bread crust and pull out the soft dough from inside. Tear the removed bread into dip-size pieces.

Spoon the chilled dip into the hollowed-out bread.

Arrange the dip on a serving platter with cut-up vegetables, pieces of bread as dippers and crackers.

Per Serving (excluding unknown items): 757 Calories; 53g Fat (60.4% calories from fat); 33g Protein; 45g Carbohydrate; 14g Dietary Fiber; 117mg Cholesterol; 631mg Sodium. Exchanges: 3 1/2 Vegetable; 2 Non-Fat Milk; 10 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	757	Vitamin B6 (mg):	.8mg
% Calories from Fat:	60.4%	Vitamin B12 (mcg):	2.1mcg
% Calories from Carbohydrates:	22.8%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	16.8%	Riboflavin B2 (mg):	1.5mg
Total Fat (g):	53g	Folacin (mcg):	596mcg
Saturated Fat (g):	33g	Niacin (mg):	2mg

Monounsaturated Fat (g): 15g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 117mg
Carbohydrate (g): 45g
Dietary Fiber (g): 14g
Protein (g): 33g
Sodium (mg): 631mg
Potassium (mg): 2374mg
Calcium (mg): 1220mg
Iron (mg): 10mg
Zinc (mg): 5mg
Vitamin C (mg): 114mg
Vitamin A (i.u.): 37278IU
Vitamin A (r.e.): 4120 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 3 1/2
Fruit: 0
Non-Fat Milk: 2
Fat: 10 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 757 **Calories from Fat:** 458

% Daily Values*

Total Fat 53g	82%
Saturated Fat 33g	163%
Cholesterol 117mg	39%
Sodium 631mg	26%
Total Carbohydrates 45g	15%
Dietary Fiber 14g	55%
Protein 33g	
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Vitamin A	746%
Vitamin C	191%
Calcium	122%
Iron	54%

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