

Mustard-Vinaigrette Sauce

Judith E Kosik - Charlottesville, VA
Southern Living - 1984 Annual Recipes

Yield: 1 cup

1 carton (8 ounce) plain low-fat yogurt
2 tablespoons reduced-calorie mayonnaise
1 tablespoon vinegar
2 teaspoons prepared mustard
1/8 teaspoon red pepper

In a small bowl, combine the yogurt, mayonnaise, vinegar, mustard and red pepper.

Chill thoroughly.

Per Serving (excluding unknown items): 245 Calories; 12g Fat (44.9% calories from fat); 13g Protein; 21g Carbohydrate; trace Dietary Fiber; 25mg Cholesterol; 438mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 1 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	245
% Calories from Fat:	44.9%
% Calories from Carbohydrates:	33.5%
% Calories from Protein:	21.5%
Total Fat (g):	12g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	25mg
Carbohydrate (g):	21g
Dietary Fiber (g):	trace
Protein (g):	13g
Sodium (mg):	438mg
Potassium (mg):	604mg
Calcium (mg):	457mg
Iron (mg):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	29mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

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

Zinc (mg): 2mg
 Vitamin C (mg): 3mg
 Vitamin A (i.u.): 187IU
 Vitamin A (r.e.): 52RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 245 Calories from Fat: 110

% Daily Values*

Total Fat	12g	19%
Saturated Fat	3g	17%
Cholesterol	25mg	8%
Sodium	438mg	18%
Total Carbohydrates	21g	7%
Dietary Fiber	trace	1%
Protein	13g	
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Vitamin A		4%
Vitamin C		5%
Calcium		46%
Iron		3%

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