

Sweet and Sour Dip

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 1 1/2 cups

1 cup natural yogurt
1/3 cup bottled sweet and sour sauce
1 tablespoon fresh chives, finely chopped
salt (to taste)
pepper (to taste)

In a bowl, beat the yogurt and sweet and sour sauce together until smooth.

Add the chives, salt and pepper.

Cover and keep refrigerated until ready to use.

Per Serving (excluding unknown items): 1 Calories; trace Fat (17.0% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Vegetable.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1	Vitamin B6 (mg):	0mg
% Calories from Fat:	17.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	49.1%	Thiamin B1 (mg):	0mg
% Calories from Protein:	34.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	trace	Folacin (mcg):	3mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	trace	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	trace	Vegetable:	0
Potassium (mg):	9mg	Fruit:	0
Calcium (mg):	3mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0

