

Vegetable Curry Dip

*"Fruits of the Spirit" (2001) - Dee Montgomery
Grapevine United Methodist Church - Port St. Lucie, FL*

1 cup mayonnaise
3 tablespoons ketchup
1 tablespoon Worcestershire sauce
3 teaspoons curry powder
1/4 tablespoon onion (optional),
grated
salt (to taste)
pepper (to taste)

In a bowl, mix the mayonnaise, ketchup,
Worcestershire, curry powder, onion, salt and
pepper.

Pour into a serving bowl.

Serve with raw vegetables.

(Can be made and stored in a refrigerator.)

Per Serving (excluding unknown
items): 1656 Calories; 188g Fat
(94.9% calories from fat); 4g
Protein; 19g Carbohydrate; 3g
Dietary Fiber; 77mg Cholesterol;
1934mg Sodium. Exchanges: 0
Grain(Starch); 16 Fat; 1 Other
Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|--------|-----------------------|-------|
| Calories (kcal): | 1656 | Vitamin B6 (mg): | 1.4mg |
| % Calories from Fat: | 94.9% | Vitamin B12 (mcg): | .6mcg |
| % Calories from Carbohydrates: | 4.2% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 0.9% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 188g | Folacin (mcg): | 33mcg |
| Saturated Fat (g): | 26g | Niacin (mg): | 1mg |
| Monounsaturated Fat (g): | 50g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 91g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 77mg | % Refuse: | n n% |
| Carbohydrate (g): | 19g | Food Exchanges | |
| Dietary Fiber (g): | 3g | Grain (Starch): | 0 |
| Protein (g): | 4g | Lean Meat: | 0 |
| Sodium (mg): | 1934mg | Vegetable: | 0 |
| Potassium (mg): | 508mg | Fruit: | 0 |

Calcium (mg): 94mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 34mg
Vitamin A (i.u.): 1151IU
Vitamin A (r.e.): 180 1/2RE

Non-Fat Milk: 0
Fat: 16
Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 1656 **Calories from Fat:** 1572

% Daily Values*

| | |
|--------------------------------|------|
| Total Fat 188g | 289% |
| Saturated Fat 26g | 131% |
| Cholesterol 77mg | 26% |
| Sodium 1934mg | 81% |
| Total Carbohydrates 19g | 6% |
| Dietary Fiber 3g | 11% |
| Protein 4g | |
| Vitamin A | 23% |
| Vitamin C | 57% |
| Calcium | 9% |
| Iron | 23% |

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