

# Best Vegetable Dip

*Most Loved Appetizers*  
*Company's Coming Publishing Limited*

**Yield: 3 cups**

- 8 ounces cream cheese, softened*
- 1/2 cup dark corn syrup*
- 1/2 cup granulated sugar*
- 1 cup cooking oil*
- 1/4 cup white vinegar*
- 1/4 cup minced onion flakes*
- 1 tablespoon lemon juice*
- 1 teaspoon dry mustard*
- 1 teaspoon celery seed*
- 1/2 teaspoon salt*
- 1/4 teaspoon paprika*

In a medium bowl, place the cream cheese, corn syrup and sugar. Beat until well combined.

Add the cooking oil. Mix.

Add the vinegar, onion flakes, lemon juice, dry mustard, celery seed, salt and paprika. Beat until combined.

Chill until ready to serve.

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Per Serving (excluding unknown items): 3597 Calories; 298g Fat (72.4% calories from fat); 18g Protein; 238g Carbohydrate; trace Dietary Fiber; 249mg Cholesterol; 1996mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Fruit; 58 1/2 Fat; 15 Other Carbohydrates.

Appetizers

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	3597	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	72.4%	<b>Vitamin B12 (mcg):</b>	1.0mcg
<b>% Calories from Carbohydrates:</b>	25.7%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	2.0%	<b>Riboflavin B2 (mg):</b>	.5mg
<b>Total Fat (g):</b>	298g	<b>Folacin (mcg):</b>	33mcg
<b>Saturated Fat (g):</b>	78g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	75g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	132g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	249mg	<b>% Refuse:</b>	0 0%
<b>Carbohydrate (g):</b>	238g		
<b>Dietary Fiber (g):</b>	trace		
<b>Protein (g):</b>	18g		

**Food Exchanges**

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	2 1/2

**Sodium (mg):** 1996mg  
**Potassium (mg):** 482mg  
**Calcium (mg):** 268mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 8mg  
**Vitamin A (i.u.):** 3595IU  
**Vitamin A (r.e.):** 1011RE

**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 58 1/2  
**Other Carbohydrates:** 15

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## Nutrition Facts

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### Amount Per Serving

**Calories** 3597                      **Calories from Fat:** 2604

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### % Daily Values\*

<b>Total Fat</b> 298g	459%
Saturated Fat 78g	391%
<b>Cholesterol</b> 249mg	83%
<b>Sodium</b> 1996mg	83%
<b>Total Carbohydrates</b> 238g	79%
Dietary Fiber trace	2%
<b>Protein</b> 18g	
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<b>Vitamin A</b>	72%
<b>Vitamin C</b>	13%
<b>Calcium</b>	27%
<b>Iron</b>	28%

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