

Blue Cheese Dip with Veggie Dippers

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Servings: 8

1 container (8 ounce) fat-free sour cream
1 package (8 ounce) reduced-fat cream cheese (Neufchâtel) OR 4 ounces creamy goat cheese
1/2 cup plain fat-free yogurt
1/2 cup crumbled blue cheese
2 cloves garlic, minced
1 tablespoon white wine vinegar or white vinegar
crumbled blue cheese (for garnish) (optional)
6 cups assorted veggie dippers (sliced cucumbers, broccoli florets, sweet pepper wedges, carrot sticks and/or celery sticks)

In a blender or food processor, combine the sour cream, cream cheese, yogurt, 1/2 cup blue cheese, garlic and vinegar. Cover and blend or process until smooth.

Store the dip, covered, in the refrigerator for up to two weeks.

To serve, transfer the dip to a serving bowl. If desired, sprinkle with additional; crumbled blue cheese. Serve with assorted veggie dippers.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 33 Calories; 2g Fat (64.8% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 121mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 33 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 64.8% | Vitamin B12 (mcg): | .1mcg |
| % Calories from Carbohydrates: | 10.0% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 25.1% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | 2g | Folacin (mcg): | 3mcg |
| Saturated Fat (g): | 2g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 1g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| | | % Refuse: | n n% |

| | |
|--------------------|-------|
| Cholesterol (mg): | 7mg |
| Carbohydrate (g): | 1g |
| Dietary Fiber (g): | trace |
| Protein (g): | 2g |
| Sodium (mg): | 121mg |
| Potassium (mg): | 25mg |
| Calcium (mg): | 51mg |
| Iron (mg): | trace |
| Zinc (mg): | trace |
| Vitamin C (mg): | trace |
| Vitamin A (i.u.): | 114IU |
| Vitamin A (r.e.): | 34RE |

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

| | |
|--------------------|-----------------------|
| Calories 33 | Calories from Fat: 22 |
|--------------------|-----------------------|

% Daily Values*

| | |
|-------------------------------|----|
| Total Fat 2g | 4% |
| Saturated Fat 2g | 8% |
| Cholesterol 7mg | 2% |
| Sodium 121mg | 5% |
| Total Carbohydrates 1g | 0% |
| Dietary Fiber trace | 0% |
| Protein 2g | |
| <hr/> | |
| Vitamin A | 2% |
| Vitamin C | 0% |
| Calcium | 5% |
| Iron | 0% |

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