

Caramel-Toffee Dip

*Cooking Light Test Kitchen Staff
Cooking Light Magazine - December 2013*

Servings: 12

Yield: 2 tablespoons per serving

1/2 cup plain nonfat Greek yogurt

1/2 cup light sour cream

1/3 cup packed brown sugar

3/4 cup vanilla extract

*6 tablespoons toffee bits, Divided
apple wedges*

In a bowl, combine the yogurt and sour cream.

Add the brown sugar, vanilla and five tablespoons of toffee bits. Mix well to combine.

Top with the remaining toffee bits.

Serve with apple wedges.

Per Serving (excluding unknown items): 64 Calories; trace Fat (4.0% calories from fat); trace Protein; 10g Carbohydrate; 0g Dietary Fiber; 1mg Cholesterol; 5mg Sodium. Exchanges: 0 Lean Meat; 0 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 64 |
| % Calories from Fat: | 4.0% |
| % Calories from Carbohydrates: | 94.2% |
| % Calories from Protein: | 1.8% |
| Total Fat (g): | trace |
| Saturated Fat (g): | trace |
| Monounsaturated Fat (g): | 0g |
| Polyunsaturated Fat (g): | 0g |
| Cholesterol (mg): | 1mg |
| Carbohydrate (g): | 10g |
| Dietary Fiber (g): | 0g |
| Protein (g): | trace |
| Sodium (mg): | 5mg |
| Potassium (mg): | 21mg |
| Calcium (mg): | 9mg |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | trace |
| Vitamin B12 (mcg): | 0mcg |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | trace |
| Folacin (mcg): | trace |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 38 |
| % Refuse: | 0.0% |

Food Exchanges

| | |
|-----------------|---|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 0 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 64 **Calories from Fat:** 3

% Daily Values*

| | | |
|----------------------------|---------------------|----|
| Total Fat | trace | 0% |
| | Saturated Fat trace | 1% |
| Cholesterol | 1mg | 0% |
| Sodium | 5mg | 0% |
| Total Carbohydrates | 10g | 3% |
| | Dietary Fiber 0g | 0% |
| Protein | trace | |

| | |
|------------------|----|
| Vitamin A | 0% |
| Vitamin C | 0% |
| Calcium | 1% |
| Iron | 1% |

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