

# Cottage Cheese Dip

*Gourmet Eating in South Carolina - (1985)*

## Yield: 1 1/2 cups

1 1/2 cups (12 ounces) cream style cottage cheese  
2 tablespoons mayonnaise  
1 tablespoon lemon juice  
dash pepper  
1 1/2 teaspoons paprika  
3/4 teaspoon garlic salt

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Place all of the ingredients in the bowl of a blender. Beat until smooth.

Chill.

Serve with raw veggies.

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Per Serving (excluding unknown items): 214 Calories; 24g Fat (91.7% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 1695mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	214
% Calories from Fat:	91.7%
% Calories from Carbohydrates:	6.8%
% Calories from Protein:	1.5%
Total Fat (g):	24g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	12g
Cholesterol (mg):	10mg
Carbohydrate (g):	4g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	1695mg
Potassium (mg):	109mg
Calcium (mg):	12mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	8mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

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

**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 9mg  
**Vitamin A (i.u.):** 2171IU  
**Vitamin A (r.e.):** 224 1/2RE

**Fat:** 2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 214                      **Calories from Fat:** 196

### % Daily Values\*

<b>Total Fat</b> 24g	37%
Saturated Fat 3g	17%
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 1695mg	71%
<b>Total Carbohydrates</b> 4g	1%
Dietary Fiber 2g	6%
<b>Protein</b> 1g	
<b>Vitamin A</b>	43%
<b>Vitamin C</b>	16%
<b>Calcium</b>	1%
<b>Iron</b>	5%

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