

Cucumber and Pear Dip

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 1 cup

2 tablespoons whole egg mayonnaise
2 tablespoons natural yogurt
1 tablespoon sour cream
1 teaspoon Dijon mustard
1/2 pear, finely diced
1/4 small cucumber, finely diced
1 teaspoon lemon juice
salt (to taste)
freshly ground black pepper (to taste)

In a bowl, beat together the mayonnaise, yogurt, sour cream and Dijon mustard until well combined and smooth.

Stir the pear and cucumber into the mixture. Stir in the lemon juice.

Season with salt and pepper.

Cover and keep refrigerated until ready to use.

Per Serving (excluding unknown items): 95 Calories; 4g Fat (32.0% calories from fat); 2g Protein; 16g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 72mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1 Fruit; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	95	Vitamin B6 (mg):	trace
% Calories from Fat:	32.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	62.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	18mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	6mg	% Refuse:	n n%
Carbohydrate (g):	16g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	72mg	Vegetable:	1/2

Potassium (mg): 246mg
Calcium (mg): 41mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 10mg
Vitamin A (i.u.): 293IU
Vitamin A (r.e.): 51 1/2RE

Fruit: 1
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 95 Calories from Fat: 30

% Daily Values*

Total Fat	4g		6%
	Saturated Fat	2g	10%
Cholesterol	6mg		2%
Sodium	72mg		3%
Total Carbohydrates	16g		5%
	Dietary Fiber	3g	11%
Protein	2g		
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Vitamin A			6%
Vitamin C			16%
Calcium			4%
Iron			3%

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