

# Curry Dip

Ginny Whitt - Mount Washington, KY  
Southern Living - 1987 Annual Recipes

## Yield: 2 cups

1 carton (12 ounce) 1% low-fat  
cottage cheese  
2 tablespoons skim milk  
1 teaspoon vinegar  
1/3 cup cucumber, peeled, seeded and  
chopped  
1/4 to 1/2 teaspoon curry powder  
1/8 teaspoon garlic powder  
1/3 cup green onions, minced

In the container of an electric blender, combine the cottage cheese, milk and vinegar. Process until smooth.

Add the cucumber, curry powder and garlic powder. Process for 30 seconds.

Add the onions. Process for 10 seconds.

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Per Serving (excluding unknown items): 32 Calories; trace Fat (8.9% calories from fat); 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 22mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	32
% Calories from Fat:	8.9%
% Calories from Carbohydrates:	68.0%
% Calories from Protein:	23.1%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	1mg
Carbohydrate (g):	6g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	22mg
Potassium (mg):	220mg
Calcium (mg):	73mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	8mg
Vitamin A (i.u.):	274IU
Vitamin A (r.e.):	40RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	29mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

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

## Nutrition Facts

**Amount Per Serving**

**Calories** 32 Calories from Fat: 3

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		<b>% Daily Values*</b>
<b>Total Fat</b>	trace	1%
Saturated Fat	trace	0%
<b>Cholesterol</b>	1mg	0%
<b>Sodium</b>	22mg	1%
<b>Total Carbohydrates</b>	6g	2%
Dietary Fiber	2g	7%
<b>Protein</b>	2g	

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<b>Vitamin A</b>	5%
<b>Vitamin C</b>	14%
<b>Calcium</b>	7%
<b>Iron</b>	6%

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