

Dijon Vegetable Dip

Lynne Della Donna

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

- 1 cup sour cream
- 1/2 cup mayonnaise
- 2 teaspoons Dijon mustard
- 2 teaspoons prepared horseradish
- 1 teaspoon dill weed
- 1 teaspoon lemon juice
- 1 clove garlic, pressed

In a small bowl, thoroughly combine the sour cream, mayonnaise, mustard, horseradish, dill weed, lemon juice and garlic juice.

Serve with raw vegetables or chips.

Per Serving (excluding unknown items): 217 Calories; 24g Fat (93.3% calories from fat); 2g Protein; 2g Carbohydrate; trace Dietary Fiber; 23mg Cholesterol; 151mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	217	Vitamin B6 (mg):	.1mg
% Calories from Fat:	93.3%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	4.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	24g	Folacin (mcg):	7mcg
Saturated Fat (g):	7g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
Cholesterol (mg):	23mg	% Refused:	0.0%
Carbohydrate (g):	2g		
Dietary Fiber (g):	trace	Food Exchanges	
Protein (g):	2g	Grain (Starch):	0
Sodium (mg):	151mg	Lean Meat:	0
Potassium (mg):	76mg	Vegetable:	0
Calcium (mg):	54mg	Fruit:	0
Iron (mg):	trace	Non-Fat Milk:	0
		Fat:	3

Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 364IU
Vitamin A (r.e.): 102RE

Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 217 Calories from Fat: 202

% Daily Values*

Total Fat 24g	36%
Saturated Fat 7g	36%
Cholesterol 23mg	8%
Sodium 151mg	6%
Total Carbohydrates 2g	1%
Dietary Fiber trace	1%
Protein 2g	
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Vitamin A	7%
Vitamin C	2%
Calcium	5%
Iron	1%

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