

Dilly Dip

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 2 cups

1 cup salad dressing (or mayonnaise)
1 cup sour cream
2 teaspoons onion flakes
2 teaspoons parsley flakes
2 teaspoons dill weed
1 teaspoon seasoned salt
chopped fresh dill (for garnish)

In a small bowl, mix the salad dressing, sour cream, onion flakes, parsley flakes, dill weed and seasoned salt.

Chill until ready to serve.

Just before serving, transfer to a serving bowl. Sprinkle with dill.

Per Serving (excluding unknown items): 514 Calories; 48g Fat (82.9% calories from fat); 8g Protein; 14g Carbohydrate; 1g Dietary Fiber; 102mg Cholesterol; 1495mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 9 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	514	Vitamin B6 (mg):	.1mg
% Calories from Fat:	82.9%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	10.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.1%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	48g	Folacin (mcg):	30mcg
Saturated Fat (g):	30g	Niacin (mg):	trace
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	102mg	% Refused:	0 0%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	8g	Lean Meat:	0
Sodium (mg):	1495mg	Vegetable:	0
Potassium (mg):	454mg	Fruit:	0
Calcium (mg):	313mg	Non-Fat Milk:	1/2

Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 1938IU
Vitamin A (r.e.): 557RE

Fat: 9 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 514 **Calories from Fat:** 426

% Daily Values*

Total Fat 48g	74%
Saturated Fat 30g	150%
Cholesterol 102mg	34%
Sodium 1495mg	62%
Total Carbohydrates 14g	5%
Dietary Fiber 1g	3%
Protein 8g	
Vitamin A	39%
Vitamin C	9%
Calcium	31%
Iron	7%

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