

# Double Onion Dip

*Easy Summer Entertaining (1991)*

*Kraft General Foods, Inc.*

## Yield: 3 1/4 cups

1 1/2 cups Miracle Whip®

1 1/2 cups sour cream

1 package (1.2 ounce) onion soup mix

1/2 cup green onions, chopped

## Preparation Time: 10 minutes

In a bowl, mix together the Miracle Whip, sour cream and onion mix until well blended.

Chill.

Serve with toasted pita chips.

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Per Serving (excluding unknown items): 2550 Calories; 243g Fat (84.1% calories from fat); 16g Protein; 87g Carbohydrate; 5g Dietary Fiber; 275mg Cholesterol; 5965mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 1 Non-Fat Milk; 48 1/2 Fat; 3 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	2550	Vitamin B6 (mg):	.1mg
% Calories from Fat:	84.1%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	13.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	243g	Folacin (mcg):	74mcg
Saturated Fat (g):	70g	Niacin (mg):	2mg
Monounsaturated Fat (g):	22g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	275mg	% Refuse:	0.0%
Carbohydrate (g):	87g	<b>Food Exchanges</b>	
Dietary Fiber (g):	5g	Grain (Starch):	1 1/2
Protein (g):	16g	Lean Meat:	0
Sodium (mg):	5965mg	Vegetable:	1/2
Potassium (mg):	889mg	Fruit:	0
Calcium (mg):	491mg	Non-Fat Milk:	1
Iron (mg):	1mg	Fat:	48 1/2

Zinc (mg): 1mg  
 Vitamin C (mg): 13mg  
 Vitamin A (i.u.): 2918IU  
 Vitamin A (r.e.): 837RE

Other Carbohydrates: 3

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## Nutrition Facts

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### Amount Per Serving

Calories 2550                      Calories from Fat: 2145

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### % Daily Values\*

<b>Total Fat</b> 243g	373%
Saturated Fat 70g	348%
<b>Cholesterol</b> 275mg	92%
<b>Sodium</b> 5965mg	249%
<b>Total Carbohydrates</b> 87g	29%
Dietary Fiber 5g	21%
<b>Protein</b> 16g	
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<b>Vitamin A</b>	58%
<b>Vitamin C</b>	21%
<b>Calcium</b>	49%
<b>Iron</b>	8%

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