

# Garden Veggie Dip

Julie Miltenberger

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## Yield: 1 1/4 cups

1/2 sweet red pepper, finely chopped  
3 tablespoons chives, minced  
3 tablespoons parsley, chopped  
1 tablespoon milk or water  
3/4 teaspoon garlic powder  
1 cup Sour Cream Dip Base (see recipe under Appetizer/Dips)

In a bowl, combine the pepper, chives, parsley, milk and garlic powder.

Add the Sour Cream Dip Base and mix thoroughly.

Refrigerate for 20 minutes or until serving.

Start to Finish Time: 5 minutes

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Per Serving (excluding unknown items): 30 Calories; trace Fat (7.2% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	30
% Calories from Fat:	7.2%
% Calories from Carbohydrates:	75.5%
% Calories from Protein:	17.3%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	6g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	8mg
Potassium (mg):	217mg
Calcium (mg):	31mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	40mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0

**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 134mg  
**Vitamin A (i.u.):** 4368IU  
**Vitamin A (r.e.):** 437RE

**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 30 Calories from Fat: 2

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	8mg	0%
<b>Total Carbohydrates</b>	6g	2%
Dietary Fiber	2g	7%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		87%
<b>Vitamin C</b>		223%
<b>Calcium</b>		3%
<b>Iron</b>		6%

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