

# Honey & Lemon Dip

*Cooking Light Test Kitchen Staff  
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**Servings: 8**

**Yield: 2 tablespoons per serving**

*1/2 cup plain nonfat Greek yogurt  
1/2 cup light sour cream  
3 tablespoons jarred lemon curd (such as Dickinson's)  
1 1/2 tablespoons honey  
lemon rind (for garnish)  
strawberries*

In a bowl, combine the yogurt and sour cream.

Add the lemon curd and honey, stirring with a whisk to combine.

Garnish with lemon rind.

Serve with strawberries.

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Per Serving (excluding unknown items): 17 Calories; trace Fat (13.4% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 4mg Sodium. Exchanges: 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	17	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	13.4%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	80.4%	<b>Thiamin B1 (mg):</b>	0mg
<b>% Calories from Protein:</b>	6.2%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	trace
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	0g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	0g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	1mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	4g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	trace	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	4mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	2mg	<b>Fruit:</b>	0

**Calcium (mg):** 6mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 17 Calories from Fat: 2

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	1%
<b>Cholesterol</b>	1mg	0%
<b>Sodium</b>	4mg	0%
<b>Total Carbohydrates</b>	4g	1%
Dietary Fiber	trace	0%
<b>Protein</b>	trace	

<b>Vitamin A</b>	0%
<b>Vitamin C</b>	0%
<b>Calcium</b>	1%
<b>Iron</b>	0%

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