

Hot Apple Chutney Dip

The Essential Appetizers Cookbook (1999)

Whitecap Books

Yield: 1 1/2 cups

*1/4 cup sour cream
1/2 cup natural yogurt
1/4 cup ready-made hot apple
chutney
1 teaspoon maple syrup
salt (to taste)
pepper (to taste)*

In a bowl, beat the sour cream, yogurt, apple chutney and maple syrup together until smooth.

Season with salt and pepper.

Refrigerate until ready to serve.

Per Serving (excluding unknown items): 140 Calories; 12g Fat (75.8% calories from fat); 2g Protein; 7g Carbohydrate; 0g Dietary Fiber; 26mg Cholesterol; 31mg Sodium. Exchanges: 0 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	140
% Calories from Fat:	75.8%
% Calories from Carbohydrates:	19.2%
% Calories from Protein:	5.1%
Total Fat (g):	12g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	26mg
Carbohydrate (g):	7g
Dietary Fiber (g):	0g
Protein (g):	2g
Sodium (mg):	31mg
Potassium (mg):	96mg
Calcium (mg):	74mg
Iron (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2

Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 454IU
Vitamin A (r.e.): 136 1/2RE

Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 140 Calories from Fat: 106

% Daily Values*

Total Fat 12g	19%
Saturated Fat 8g	38%
Cholesterol 26mg	9%
Sodium 31mg	1%
Total Carbohydrates 7g	2%
Dietary Fiber 0g	0%
Protein 2g	
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Vitamin A	9%
Vitamin C	1%
Calcium	7%
Iron	1%

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