

Raw Vegetable Dip

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

- 1 pint sour cream
- 1 1/3 tablespoons horseradish
- 1 tablespoon paprika
- 1 tablespoon chives, minced
- 1 teaspoon salt
- 1 teaspoon tarragon
- 1/4 teaspoon garlic salt
- 1 clove garlic, crushed
- 1/3 teaspoon ground pepper

In a bowl, mix together all of the ingredients.

Chill thoroughly.

Place in a serving bowl and surround with your choice of raw vegetables.

Per Serving (excluding unknown items): 1028 Calories; 97g Fat (83.0% calories from fat); 17g Protein; 28g Carbohydrate; 3g Dietary Fiber; 204mg Cholesterol; 2917mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Non-Fat Milk; 19 1/2 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|------------|-----------------------------|--------|
| Calories (kcal): | 1028 | Vitamin B6 (mg): | .3mg |
| % Calories from Fat: | 83.0% | Vitamin B12 (mcg): | 1.4mcg |
| % Calories from Carbohydrates: | 10.7% | Thiamin B1 (mg): | .2mg |
| % Calories from Protein: | 6.3% | Riboflavin B2 (mg): | .8mg |
| Total Fat (g): | 97g | Folacin (mcg): | 65mcg |
| Saturated Fat (g): | 60g | Niacin (mg): | 2mg |
| Monounsaturated Fat (g): | 28g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 4g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 204mg | % Daily Value* | n/a% |
| Carbohydrate (g): | 28g | | |
| Dietary Fiber (g): | 3g | Food Exchanges | |
| Protein (g): | 17g | Grain (Starch): | 1/2 |
| Sodium (mg): | 2917mg | Lean Meat: | 0 |
| Potassium (mg): | 972mg | Vegetable: | 0 |
| Calcium (mg): | 606mg | Fruit: | 0 |
| Iron (mg): | 3mg | Non-Fat Milk: | 1 1/2 |
| Zinc (mg): | 2mg | Fat: | 19 1/2 |
| Vitamin C (mg): | 17mg | Other Carbohydrates: | 0 |
| Vitamin A (i.u.): | 8015IU | | |
| Vitamin A (r.e.): | 1527 1/2RE | | |

Nutrition Facts

Amount Per Serving

Calories from Fat: 853

| | | % Daily Values* |
|----------------------------|--------|-----------------|
| Total Fat | 97g | 150% |
| Saturated Fat | 60g | 301% |
| Cholesterol | 204mg | 68% |
| Sodium | 2917mg | 122% |
| Total Carbohydrates | 28g | 9% |
| Dietary Fiber | 3g | 10% |
| Protein | 17g | |
| Vitamin A | | 160% |
| Vitamin C | | 29% |
| Calcium | | 61% |
| Iron | | 16% |

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