

Red Pepper Dip

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Servings: 4

*1 pint light sour cream
1/2 cup jarred roasted red peppers
1/2 teaspoon salt (ot to taste)
1/4 teaspoon black pepper
1 teaspoon lemon juice (or to taste)*

Preparation Time: 10 minutes

In a food processor, puree' the sour cream, red peppers, salt, black pepper and lemon juice.

Transfer to a serving bowl. Cover and refrigerate for one hour.

Serve with raw vegetables.

Start to Finish Time: 1 hour 10 minutes

Per Serving (excluding unknown items): 41 Calories; 2g Fat (42.4% calories from fat); 2g Protein; 5g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 29mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	41	Vitamin B6 (mg):	0mg
% Calories from Fat:	42.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	38.7%	Thiamin B1 (mg):	0mg
% Calories from Protein:	18.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	trace
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	9mg	% Refuse:	n n%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	29mg	Vegetable:	0
Potassium (mg):	2mg	Fruit:	0
Calcium (mg):	47mg	Non-Fat Milk:	0

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

Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 41 **Calories from Fat:** 17

% Daily Values*

Total Fat	2g	4%
Saturated Fat	2g	9%
Cholesterol	9mg	3%
Sodium	29mg	1%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	0%
Protein	2g	

Vitamin A	0%
Vitamin C	0%
Calcium	5%
Iron	0%

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