

Sour Cream Dip Base

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Yield: 3 cups

1 container (16 ounce) sour cream

1 cup light mayonnaise

2 tablespoons milk

1 tablespoon fresh lemon juice

1/4 teaspoon salt

1/4 teaspoon black pepper

In a medium bowl, blend the sour cream, mayonnaise, milk, lemon juice, salt and pepper.

Refrigerate until serving.

Start to Finish Time: 5 minutes

Per Serving (excluding unknown items): 1071 Calories; 95g Fat (78.0% calories from fat); 9g Protein; 51g Carbohydrate; trace Dietary Fiber; 193mg Cholesterol; 1864mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1 Non-Fat Milk; 19 Fat; 2 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1071	Vitamin B6 (mg):	.1mg
% Calories from Fat:	78.0%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	18.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.3%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	95g	Folacin (mcg):	28mcg
Saturated Fat (g):	39g	Niacin (mg):	trace
Monounsaturated Fat (g):	25g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	27g	Alcohol (kcal):	0
Cholesterol (mg):	193mg	% Refused:	0 0%
Carbohydrate (g):	51g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	9g	Lean Meat:	0
Sodium (mg):	1864mg	Vegetable:	0
Potassium (mg):	427mg	Fruit:	0
Calcium (mg):	311mg	Non-Fat Milk:	1
Iron (mg):	trace	Fat:	19
Zinc (mg):	1mg	Other Carbohydrates:	2 1/2

Vitamin C (mg): 9mg
Vitamin A (i.u.): 1859IU
Vitamin A (r.e.): 557RE

Nutrition Facts

Amount Per Serving

Calories 1071 Calories from Fat: 836

% Daily Values*

Total Fat	95g	147%
Saturated Fat	39g	193%
Cholesterol	193mg	64%
Sodium	1864mg	78%
Total Carbohydrates	51g	17%
Dietary Fiber	trace	1%
Protein	9g	
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Vitamin A		37%
Vitamin C		16%
Calcium		31%
Iron		2%

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