Zucchini Spread

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

2 cups grated zucchini
1/4 cup sour cream
1/4 cup plain yogurt
3 tablespoons chopped chives
salt (to taste)
pepper (to taste)
chopped fresh basil (for seasoning)
(optional)

Place the zucchini in a strainer and press out as much moisture as possible.

In a bowl, mix the zucchini with the sour cream, yogurt and chives. Season as desired with salt, pepper and basil.

Use this spread as a sandwich filling together with ham, chicken or sliced tomatoes. Can also be used as an appetizer by spreading on crackers or cucumber slices.

Per Serving (excluding unknown items): 164 Calories; 14g Fat (76.2% calories from fat); 4g Protein; 6g Carbohydrate; trace Dietary Fiber; 33mg Cholesterol; 59mg Sodium. Exchanges: 0 Vegetable; 1/2 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	164	**Vitamin B6 (mg):**	trace
% Calories from Fat:	76.2%	**Vitamin B12 (mcg):**	.4mcg
% Calories from Carbohydrates:	13.7%	**Thiamin B1 (mg):**	trace
% Calories from Protein:	10.1%	**Riboflavin B2 (mg):**	.2mg
Total Fat (g):	14g	**Folacin (mcg):**	20mcg
Saturated Fat (g):	9g	**Niacin (mg):**	trace
Monounsaturated Fat (g):	4g	**Caffeine (mg):**	0mg
Polyunsaturated Fat (g):	1g	**Alcohol (kcal):**	0
Cholesterol (mg):	33mg	**% Refuse:**	0.0%
Carbohydrate (g):	6g		
Dietary Fiber (g):	trace	## Food Exchanges	
Protein (g):	4g	**Grain (Starch):**	0
	59mg	**Lean Meat:**	0
			0

Sodium (mg):			**Vegetable:**	
Potassium (mg):	204mg		**Fruit:**	0
Calcium (mg):	149mg		**Non-Fat Milk:**	1/2
Iron (mg):	trace		**Fat:**	3
Zinc (mg):	1mg		**Other Carbohydrates:**	0
Vitamin C (mg):	6mg			
Vitamin A (i.u.):	921IU			
Vitamin A (r.e.):	198RE			

Nutrition Facts

Amount Per Serving

Calories 164	Calories from Fat: 125

	% Daily Values*
Total Fat 14g	22%
Saturated Fat 9g	44%
Cholesterol 33mg	11%
Sodium 59mg	2%
Total Carbohydrates 6g	2%
Dietary Fiber trace	1%
Protein 4g	

Vitamin A	18%
Vitamin C	10%
Calcium	15%
Iron	1%

Percent Daily Values are based on a 2000 calorie diet.