

Buttermilk Pepper Dressing

Easy Summer Entertaining (1991)
Kraft General Foods, Inc.

Yield: 1 cup

1 cup buttermilk
1/2 cup Miracle Whip®
2 tablespoons Parmesan cheese, grated
1 teaspoon coarse ground pepper
1 clove garlic, minced

Preparation Time: 5 minutes

In a bowl, mix together the buttermilk, Miracle Whip, Parmesan, pepper and garlic until well blended.

Chill.

Serve with a mixed greens salad.

Per Serving (excluding unknown items): 709 Calories; 61g Fat (76.9% calories from fat); 12g Protein; 29g Carbohydrate; trace Dietary Fiber; 56mg Cholesterol; 1204mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1 Non-Fat Milk; 11 1/2 Fat; 1 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	709	Vitamin B6 (mg):	.1mg
% Calories from Fat:	76.9%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	16.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	61g	Folacin (mcg):	13mcg
Saturated Fat (g):	11g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	56mg	% Refuse:	n n%
Carbohydrate (g):	29g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	12g	Lean Meat:	1/2
Sodium (mg):	1204mg	Vegetable:	0
Potassium (mg):	393mg	Fruit:	0
Calcium (mg):	428mg	Non-Fat Milk:	1

Iron (mg): trace
 Zinc (mg): 1mg
 Vitamin C (mg): 3mg
 Vitamin A (i.u.): 151IU
 Vitamin A (r.e.): 40 1/2RE

Fat: 11 1/2
 Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 709 Calories from Fat: 545

% Daily Values*

Total Fat	61g	94%
Saturated Fat	11g	56%
Cholesterol	56mg	19%
Sodium	1204mg	50%
Total Carbohydrates	29g	10%
Dietary Fiber	trace	0%
Protein	12g	
Vitamin A		3%
Vitamin C		6%
Calcium		43%
Iron		1%

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