

# Creamy Vegetable Dip

Component: Condiment

E-13 modified

	32 Servings		____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Low fat plain yogurt		1 cup			1. Combine all ingredients. Blend well.  2. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor.  3. CCP: Cool to 41° F or lower within 4 hours.  4. CCP: Hold at 41° F or colder.
Reduced calorie salad dressing OR Light mayonnaise		2 ½ cups OR 2 ½ cups			
Low-fat milk		½ cup			
Dried parsley		2 Tbsp			
Granulated garlic		1 tsp			
Onion powder		1 tsp			
Salt		1 tsp			
Ground black or white pepper		½ tsp			

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## Notes:

Nutrient information calculated using Food Processor.

<b>Serving:</b> 2 Tbsp (1-oz ladle)	Yield:
1-2 years: varies see menu notes	<b>50 Servings: about 1 qt</b>
3-5 years: varies see menu notes	
6-8 years: varies see menu notes	<b>100 Servings: about 2 qt</b>

<b>Nutrients Per Serving</b>					
<b>Calories</b>	70	<b>Saturated Fat</b>	1.04 g	<b>Iron</b>	0.08 mg
<b>Protein</b>	0.70 g	<b>Cholesterol</b>	7.21 mg	<b>Calcium</b>	21.54 mg
<b>Carbohydrate</b>	2.52 g	<b>Vitamin A</b>	3.40 RAE mcg	<b>Sodium</b>	198.94 mg
<b>Total Fat</b>	6.33 g	<b>Vitamin C</b>	0.25 mg	<b>Dietary Fiber</b>	0.07 g