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Creamy Yogurt Curry Dip

Ingredients:

- 1/2 cup plain low-fat yogurt
- 1/2 cup ketchup
- 1/4 teaspoon curry powder

Makes 8 servings - 0% calories from fat

Instructions:

1. In a small bowl, combine yogurt with ketchup and curry powder.
2. Mix well and refrigerate.

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 2 Tablespoons | |
| Servings Per Container 8 | |
| Amount Per Serving | |
| Calories 25 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 200mg | 8% |
| Total Carbohydrate 5g | 2% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 1g | |
| Vitamin A 2% | • Vitamin C 2% |
| Calcium 2% | • Iron 0% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories 2,000 2,500 |
| Total Fat | Less Than 65g 80g |
| Saturated Fat | Less Than 20g 25g |
| Cholesterol | Less Than 300mg 300 mg |
| Sodium | Less Than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

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