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Dilly Dip

Ingredients:

- 1½ cups 1% cottage cheese
- 1 cup light sour cream
- 2 teaspoons dill weed
- ½ teaspoon garlic powder
- 2 Tablespoons onion, minced

*Makes 20 servings - 36% calories from fat
(Exempt from recipe policy / condiment)*

Instructions:

1. In a bowl or blender, combine cottage cheese and sour cream with seasonings.
2. Cover and refrigerate for at least one hour to give flavors time to blend.
3. Store leftovers in refrigerator.

Nutrition Facts	
Serving Size 2 Tablespoons	
Servings Per Container 20	
Amount Per Serving	
Calories 25	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 3g	
Vitamin A 2%	Vitamin C 0%
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 300mg
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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