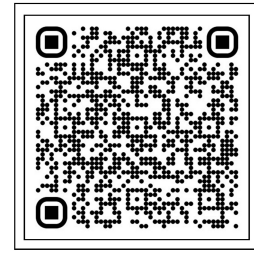




Cornell University
 Cooperative Extension
 New York City



Low Fat Ranch Dip with Vegetables

Ingredients:

- 1 packet ranch salad dressing mix
- 1 cup low-fat sour cream
- 2 cups plain low-fat yogurt
- 1 pound baby carrots
- 1 pound mushrooms, washed and sliced
- 1 pound cucumbers, peeled and sliced
- 1 pound green bell, peppers cleaned and sliced
- 1 pound red bell peppers, cleaned and sliced

Directions:

1. Combine salad dressing mix, sour cream and yogurt in bowl; mix well.
2. Arrange prepared vegetables on plate or tray.
3. Dip vegetables and enjoy!

Yields about 8 servings (3 tablespoons of dip each)

Nutrition Facts

servings per container
Serving size 3 tablespoons of dressing (373g)
with 1/8 of vegetables

Amount per serving

Calories **150**

% Daily Value*

Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 320mg	14%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 199mg	15%
Iron 1mg	6%
Potassium 617mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Cornell Cooperative Extension of Cayuga County



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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