

# VEGGIE AND FRUIT DIP

YIELDS: 32 SERVINGS (1 TABLESPOON)

## INGREDIENTS:

- ¾ cup light sour cream
- 1 ¼ cup plain yogurt (low fat)
- ¼ cup packed light brown sugar
- 1 tsp imitation vanilla flavoring

## PREPARATION:

1. Combine all ingredients to form a smooth dipping sauce
2. Hold at 41 degrees F or less
3. Portion for one tablespoon servings
4. Serve with any Michigan fruits or vegetables

Ideas for dip-ables:

Baked sweet potato wedges, carrot sticks, sweet pepper sticks, melon slices, celery sticks, kohlrabi sticks, apple slices, cucumber slices, zucchini or summer squash slices, broccoli, cauliflower, peach slices, snap peas

Use the USDA Food Buying Guide to assist with produce purchasing needs. Be sure to market your fruits and vegetables as Michigan grown with label or signage. Your yogurt and sour cream might be Michigan products as well. Check with your distributor.

# HOW IT'S MADE



# NOURISHMENT

## NUTRITIONAL CONTENT:

Calories: 17 kcal

Calories from total fat: 19.61%

Calories from saturated fat: 9.81%

Total fat: 0.38 g

Cholesterol: 2 mg

Sodium: 13 mg

Protein: 0.62 g

Vitamin A: 7.5 RE

Calcium: 26.43 mg

Iron: 0.01 mg

Saturated fat: 0.19 g

Calories from trans fat: \*0%\*

Calories from carbohydrates: 66.82%

Calories from protein: 14.39%

Trans Fat<sup>1</sup>: \*0.00\* g

Carbohydrates: 2.87 g

Dietary fiber: 0.00 g

Vitamin A: 37.5 IU

Vitamin C: 0.2 mg

Water<sup>1</sup>: \*0.02\* g

Ash<sup>1</sup>: \*0.01\* g

---

\*N/A\* - Denotes a nutrient that is either missing or incomplete for an individual ingredient. \* - Denotes combined nutrient totals with either missing or incomplete nutrient data. <sup>1</sup> - Denotes optional nutrient values.