



April 26- Broccomole Dip

Smart Snack

Link: <http://www.tasteofhome.com/recipes/-broccomole--dip>

Recipe

Ingredients:

- 2 cups chopped fresh broccoli, cooked and chilled
- ¼ cup reduced-fat sour cream
- 1 to 2 Tablespoons finely chopped onion
- 1 Tablespoon fat-free mayonnaise
- 2 to 3 Tablespoons lemon juice
- ¼ to ½ teaspoon chili powder

Directions:

1. In a food processor, combine the all ingredients; cover and process until smooth.
2. Refrigerate for several hours.
3. Serve with vegetables or tortilla chips.

Yield 6 servings

Nutrition Facts

Serving Size 3 tablespoons (72.51g)
Servings Per Container 6

Amount Per Serving

Calories 45 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 55mg **2%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **7%**

Sugars 1g

Protein 2g **4%**

Vitamin A 20% • Vitamin C 60%

Calcium 4% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.