

Zippy Dip

Serves 12 2 Tablespoons Per Serving

Ingredients:

1 package (8 oz) cream
cheese, softened
1/2 cup margarine, softened
3 tablespoons green onion,
chopped
2 tablespoons mayonnaise
1 tablespoon vinegar
1 1/2 teaspoons lemon juice
1 1/2 teaspoons hot dry
mustard
1 teaspoon horseradish
1 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon tarragon
Dash cayenne pepper

Directions:

Blend all ingredients until thoroughly combined. Serve with unsalted crackers or raw vegetables.

Analysis:

Calories	155	Sodium	133
Carbohydrates	2	Potassium	43
Protein	2	Phosphorus	28
Fat	16		

Renal and Renal Diabetic Exchanges:

1 Low Potassium
Vegetable
3 Fat