



## 825051 - Lime Yogurt Dip

Source: K12 Culinary

Number of Portions: 32

Size of Portion: 2 TBSP

### Components:

Meat/Alt:

Grains:

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

### Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
001256 YOGURT,GREEK,PLN,NONFAT..... 009161 LIME JUC,CND OR BTLD,UNSWTND... 019334 SUGARS,BROWN..... 900670 CUMIN,GROUND.....	1 qt 1/4 cup 1 TBSP (packed) 1 tsp	<b>CCP: No bare hand contact with ready to eat food.</b> Whisk together yogurt, lime juice, brown sugar, and cumin in a mixing bowl. For best flavor, prepare one day in advance of service.  Lime yogurt dip may be kept in the refrigerator for up to 3 days after preparation.  <b>CCP: Hold at 41° F or lower.</b>

\*Nutrients are based upon 1 Portion Size (2 TBSP)

Calories	19	kcal	Cholesterol	1	mg	Sugars	*1.4*	g	Calcium	32.36	mg	6.14%	Calories from Total Fat
Total Fat	0.13	g	Sodium	11	mg	Protein	2.90	g	Iron	0.07	mg	1.64%	Calories from Saturated Fat
Saturated Fat	0.03	g	Carbohydrates	1.60	g	Vitamin A	2.3	IU	Water <sup>1</sup>	25.90	g	*0.08%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00*	g	Dietary Fiber	0.01	g	Vitamin C	0.1	mg	Ash <sup>1</sup>	0.22	g	33.67%	Calories from Carbohydrates
												61.14%	Calories from Protein

\*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

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.