



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:

Condiments

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..... 002047 SALT,TABLE.....	1 qt 1/4 cup 1 Tbsp + 1 TSP (packed) 1 tsp 1/4 tsp	CCP: No bare hand contact with ready to eat food. Place yogurt, lime juice, brown sugar, cumin and salt in a large storage container. Whisk until well combined, cover, and store in refrigerator 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. CCP: Hold at 41 degrees F. or lower.

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

Calories	20	kcal	Cholesterol	1	mg	Sugars	*1.5*	g	Calcium	32.50	mg	5.97%	Calories from Total Fat
Total Fat	0.13	g	Sodium	29	mg	Protein	2.90	g	Iron	0.07	mg	1.60%	Calories from Saturated Fat
Saturated Fat	0.03	g	Carbohydrates	1.74	g	Vitamin A	2.3	IU	Water ¹	25.90	g	*0.08%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	0.01	g	Vitamin C	0.1	mg	Ash ¹	0.26	g	35.60%	Calories from Carbohydrates
												59.44%	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

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.