



Creamy Yogurt Curry Dip

Ingredients

- ½ cup plain low-fat yogurt
- ½ cup catsup
- ¼ teaspoon curry powder

Makes 8 servings

Instructions

1. In a small bowl, combine yogurt with catsup and curry powder.
2. Mix well and refrigerate.

Nutrition Facts

Serving Size 2 Tablespoons	
Servings Per Container 8	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 1g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

0 % calories from fat

Source: Sisters in Health, a Nutrition Program for Women, by the Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension.

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