

Grandma Denny's Original Vegetable Dip

Yield: 2 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-veggie-dip-recipe-dill>

Ingredients:

- 1 cup sour cream
- 1 cup mayo
- 1 teaspoon onion grated
- 2 teaspoons dried dillweed
- 2 teaspoons seasoning salt Bon Appetit
- 1 cup greek yogurt fat-free
- 1/2 cup light sour cream
- 1/2 cup mayo or use light mayo for even less fat, but I like full-fat mayo for flavor in this
- 1 teaspoon onion grated, or more, I use at least 2 tsp.
- 2 teaspoons dried dillweed
- beau monde seasoning
- 2 teaspoons seasoning salt

Nutrition:

1. Calories: 1110 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 145 milligrams
4. Fat: 92 grams
5. Fiber: 3 grams
6. Protein: 12 grams
7. SaturatedFat: 29 grams
8. Sodium: 2260 milligrams
9. Sugar: 25 grams

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