

## Creamy Garlic-Herb Dip

1/2 cup	fat-free cream cheese, softened	1 tsp	lemon rind, grated
		1/4 tsp	salt
1/4 cup	buttermilk	1/8 tsp	freshly ground black pepper
2 Tbsp	fresh chives, minced		
1 Tbsp	fresh parsley, minced	1 clove	garlic, minced



### Procedure

1 Combine all ingredients in a bowl; beat with a mixer at high speed for 2 minutes or until smooth.

Servings: 4

Yield: 3/4 cup (serving size: 2 tablespoons)

### Nutrition Facts

Serving size: 1/4 of a recipe (2 ounces).

Amount Per Serving	
<b>Calories</b>	46.25
Calories From Fat (10%)	4.54
% Daily Value	
<b>Total Fat</b> 0.52g	<1%
Saturated Fat 0.32g	2%
<b>Cholesterol</b> 4.93mg	2%
<b>Sodium</b> 414.97mg	17%
<b>Potassium</b> 137.65mg	4%
<b>Total Carbohydrates</b> 3.99g	1%
Fiber 0.15g	<1%
Sugar 2.77g	
<b>Protein</b> 6.3g	13%

### Recipe Type

Miscellaneous