

Chunky Typhoon Dip

MEAT ALTERNATIVE, VEGETABLE, FRUIT					DRESSINGS	
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Low-fat sour cream	1 lb. (500g)	2 cups	2 lb. (1 kg)	1 qt. (1 L)		1. In a bowl, whisk together sour cream, peanut butter, lemon juice, honey, and soy sauce until blended. Refrigerate until served. 2. Portion dip using a 1 oz. (30 ml) ladle. Serve each portion with 4 celery sticks (3" × 3/4") and 1/4 of a small apple or 1/8 cup of broccoli florets.
OR Nonfat sour cream	1 lb. (500g)	2 cups	2 lb. (1 kg)	1 qt. (1 L)		
Chunky peanut butter	1 lb., 12 oz. (860g)	3 cups	3 lb., 8 oz. (1.7 kg)	1 qt., 2 cups (1.5 L)		
Lemon juice		1/4 cup (59 ml)		1/2 cup (118 ml)		
Honey	5 oz. (150g)	1/2 cup	10 oz. (300g)	1 cup		
Soy sauce		1 tbsp., 1 tsp.		2 tbsp., 2 tsp.		
Fresh celery sticks	3 lb., 6 oz. (1.7 kg)		6 lb., 12 oz. (3.4 kg)			
Fresh apple wedges	2 lb., 1 oz. (1 kg)		4 lb., 2 oz. (2.1 kg)			
OR Fresh broccoli florets (blanched, optional)	2 lb., 3 oz. (1.1 kg)		4 lb., 6 oz. (2.2 kg)			
Serving: 1 oz. (30g) of dip provides 1 tbsp. of peanut butter and 1/8 cup of vegetable, fruit			Yield: 50 servings: about 3 lb. (1.5 kg) 100 servings: about 6 lb. (3 kg) Volume: 50 servings: 1 qt., 1 1/4 cups (1.2 L) 100 servings: 2 qt., 2 1/2 cups (2.5 L)			

NUTRIENTS PER SERVING					
Calories	130	Saturated fat	2.2g	Iron	5 mg
Protein	4g	Cholesterol	3 mg	Calcium	29 mg
Carbohydrate	10g	Vitamin A	15 RE/90 IU	Sodium	135 mg
Total fat	9g	Vitamin C	3 mg	Dietary fiber	2g