

Artichoke Lemon Dip

Paula Macri - Gattuso's Bella Cucina

1 large lemon
1 cup marinated artichoke hearts,
drained
pepper (to taste)

Clean the lemon well and rinse and dry. Cut off the ends of the lemon and throw them away. Cut the lemons lengthwise into quarters and remove the seeds.

Place the lemon in a food processor. Add the drained artichoke hearts. Process in the food processor, stirring the mixture until it is smooth.

Add the black pepper, to taste.

Place in a serving dish. Serve with crackers of your choice or cut up vegetables.

A thin-skinned lemon is better for more juice.

Per Serving (excluding unknown items): 223 Calories; 13g Fat (47.2% calories from fat); 9g Protein; 23g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 762mg Sodium. Exchanges: 3 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	223	Vitamin B6 (mg):	.1mg
% Calories from Fat:	47.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	37.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	15.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	13g	Folacin (mcg):	6mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	23g		
Dietary Fiber (g):	9g		
Protein (g):	9g		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 762mg
Potassium (mg): 84mg
Calcium (mg): 15mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 31mg
Vitamin A (i.u.): 17IU
Vitamin A (r.e.): 1 1/2RE

Vegetable: 3 1/2
Fruit: 1/2
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 223 **Calories from Fat:** 105

% Daily Values*

Total Fat 13g	20%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 762mg	32%
Total Carbohydrates 23g	8%
Dietary Fiber 9g	36%
Protein 9g	

Vitamin A	0%
Vitamin C	51%
Calcium	2%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.