

Brown Sugar Fruit Dip

The Kitchen at Johnsonville Sausage
www.Johnsonville.com

Yield: 3 1/2 cups

1/2 cup brown sugar, firmly packed
1 package (8 ounce) cream cheese,
softened
1 cup sour cream
1 teaspoon vanilla extract
1/3 cup coffee liqueur (like Kahlua)
1 cup frozen whipped topping, thawed
brown sugar (for garnish)
assorted fruit

Preparation Time: 10 minutes

Chill: 4 hours

In a bowl, beat the brown sugar and cream cheese at medium speed with an electric mixer until smooth.

Add the sour cream, vanilla and coffee liqueur, if desired. Beat until blended and smooth. Fold in the whipped topping.

Cover and chill for four hours.

Garnish, if desired. Serve with assorted fruit.

Per Serving (excluding unknown items): 1575 Calories; 129g Fat (72.3% calories from fat); 25g Protein; 87g Carbohydrate; 0g Dietary Fiber; 357mg Cholesterol; 836mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Non-Fat Milk; 24 1/2 Fat; 4 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1575	Vitamin B6 (mg):	.1mg
% Calories from Fat:	72.3%	Vitamin B12 (mcg):	1.7mcg
% Calories from Carbohydrates:	21.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.2%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	129g	Folacin (mcg):	56mcg
Saturated Fat (g):	81g	Niacin (mg):	trace
Monounsaturated Fat (g):	37g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	357mg	% Refuse:	n n%
Carbohydrate (g):	87g		

Food Exchanges

Dietary Fiber (g): 0g
Protein (g): 25g
Sodium (mg): 836mg
Potassium (mg): 859mg
Calcium (mg): 515mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 5128IU
Vitamin A (r.e.): 1542 1/2RE

Grain (Starch): 0
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 24 1/2
Other Carbohydrates: 4 1/2

Nutrition Facts

Amount Per Serving

Calories 1575 **Calories from Fat:** 1139

% Daily Values*

Total Fat	129g	199%
Saturated Fat	81g	405%
Cholesterol	357mg	119%
Sodium	836mg	35%
Total Carbohydrates	87g	29%
Dietary Fiber	0g	0%
Protein	25g	
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Vitamin A		103%
Vitamin C		3%
Calcium		51%
Iron		24%

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