

Cheesy Balsamic Parmesan Dip

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Yield: 4 cups

2 cups Hellman's Creamy Balsamic
Mayonnaise Dressing
2 cups (8 ounces) Parmesan cheese,
shredded
2 cloves garlic, finely chopped

Preparation Time: 10 minutes

Cook Time: 35 minutes

Preheat the oven to 350 degrees.

In a large bowl, combine all of the ingredients.

Scrape the mixture into a one-quart baking dish.

Bake for 35 minutes or until brown and bubbly.

Per Serving (excluding unknown items): 55 Calories; 3g Fat (49.8% calories from fat); 5g Protein; 2g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 187mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	55	Vitamin B6 (mg):	.1mg
% Calories from Fat:	49.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	17.1%	Thiamin B1 (mg):	0mg
% Calories from Protein:	33.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	1mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	8mg	% Refuse:	n n%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	5g	Lean Meat:	1/2
Sodium (mg):	187mg	Vegetable:	1/2
Potassium (mg):	35mg	Fruit:	0
Calcium (mg):	148mg	Non-Fat Milk:	0

