

Cheesy Spinach & Artichoke Dip

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Servings: 22

1 can (14 ounce) artichoke hearts,
drained and finely chopped
1 package (10 ounce) frozen chopped
spinach, thawed and drained
3/4 cup Parmesan cheese, grated
3/4 cup Kraft mayonnaise OR
Miracle Whip
1/2 cup 2% milk mozzarella cheese,
shredded
1/2 teaspoon garlic powder

Preheat the oven to 350 degrees.

In a bowl, combine all of the ingredients.

Spoon the mixture into a nine-inch quiche dish or
pie plate.

Bake for 20 minutes or until heated through.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown
items): 20 Calories; 1g Fat (37.9%
calories from fat); 2g Protein; 1g
Carbohydrate; 1g Dietary Fiber;
2mg Cholesterol; 70mg Sodium.
Exchanges: 0 Grain(Starch); 0
Lean Meat; 0 Vegetable; 0 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	20
% Calories from Fat:	37.9%
% Calories from Carbohydrates:	26.5%
% Calories from Protein:	35.6%
Total Fat (g):	1g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	2mg
Carbohydrate (g):	1g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	70mg
Potassium (mg):	84mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folic acid (mcg):	27mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0

Calcium (mg): 62mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 5mg
Vitamin A (i.u.): 1630IU
Vitamin A (r.e.): 166 1/2RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 22

Amount Per Serving

Calories 20 **Calories from Fat:** 7

% Daily Values*

Total Fat	1g			1%
	Saturated Fat	1g		3%
Cholesterol	2mg			1%
Sodium	70mg			3%
Total Carbohydrates	1g			0%
	Dietary Fiber	1g		3%
Protein	2g			

Vitamin A	33%
Vitamin C	9%
Calcium	6%
Iron	3%

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