

Chile Ricotta Dip

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3 cups ricotta cheese
 1/4 cup jarred chopped Calabrian
 chiles
 1 teaspoon dried oregano
 1 teaspoon Kosher salt
 olive oil
 parsley (for garnish), chopped

In a bowl, combine the ricotta, chiles, salt and oregano. Beat until smooth.

Drizzle with olive oil.

Garnish with parsley.

Per Serving (excluding unknown items): 1288 Calories; 96g Fat (66.9% calories from fat); 83g Protein; 23g Carbohydrate; 1g Dietary Fiber; 373mg Cholesterol; 2501mg Sodium. Exchanges: 0 Grain(Starch); 12 Lean Meat; 12 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1288
% Calories from Fat:	66.9%
% Calories from Carbohydrates:	7.2%
% Calories from Protein:	25.8%
Total Fat (g):	96g
Saturated Fat (g):	61g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	373mg
Carbohydrate (g):	23g
Dietary Fiber (g):	1g
Protein (g):	83g
Sodium (mg):	2501mg
Potassium (mg):	797mg
Calcium (mg):	1551mg
Iron (mg):	3mg
Zinc (mg):	9mg
Vitamin C (mg):	1mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	2.5mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	1.4mg
Folacin (mcg):	94mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	12
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	12
Other Carbohydrates:	0

Vitamin A (i.u.): 3720IU
Vitamin A (r.e.): 1095RE

Nutrition Facts

Amount Per Serving

Calories 1288 Calories from Fat: 862

% Daily Values*

Total Fat	96g	148%
Saturated Fat	61g	306%
Cholesterol	373mg	124%
Sodium	2501mg	104%
Total Carbohydrates	23g	8%
Dietary Fiber	1g	3%
Protein	83g	
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Vitamin A		74%
Vitamin C		1%
Calcium		155%
Iron		19%

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