

Creamy Spinach & Artichoke Dip

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Yield: 44 tablespoons

*1 can (14 ounce) artichoke hearts,
drained and finely chopped*
*1 package (10 ounce) frozen chopped
spinach, thawed and well drained*
1/4 cup grated Parmesan cheese
1/4 cup mayonnaise or salad dressing
*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): 247 Calories; 8g Fat (23.9% calories from fat); 25g Protein; 29g Carbohydrate; 18g Dietary Fiber; 16mg Cholesterol; 789mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 5 1/2 Vegetable; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	247
% Calories from Fat:	23.9%
% Calories from Carbohydrates:	41.3%
% Calories from Protein:	34.8%
Total Fat (g):	8g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	16mg
Carbohydrate (g):	29g
Dietary Fiber (g):	18g
Protein (g):	25g
Sodium (mg):	789mg
Potassium (mg):	1804mg
Calcium (mg):	819mg

Vitamin B6 (mg):	.8mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	589mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	5 1/2
Fruit:	0
Non-Fat Milk:	0

