

Appetizers

Creamy Spinach Dip III

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Preparation Time: 10 minutes

Chill: 2 hours

1 cup Hellman's Real mayonnaise

1 package Knorr's vegetable recipe mix

1 package (10 oz) frozen chopped spinach, cooked, cooled and squeezed dry

1 container (16 oz) sour cream

In a bowl, combine the mayonnaise, vegetable mix, spinach and sour cream.

Mix well.

Chill for 2 hours before serving.

Per Serving (excluding unknown items): 602 Calories; 50g Fat (69.7% calories from fat); 21g Protein; 28g Carbohydrate; 14g Dietary Fiber; 102mg Cholesterol; 459mg Sodium. Exchanges: 3 1/2 Vegetable; 1/2 Non-Fat Milk; 9 1/2 Fat.