

Hot Artichoke Dip

*The Glenborough Inn - Santa Barbara, CA
The Great Country Inns of America Cookbook (2nd ed) (1992)*

1 can (14 ounce) artichokes, broken up
1/2 cup mayonnaise
1 can (4 ounce) chopped green chilies
1 cup Parmesan cheese, grated

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Preheat the oven to 350 degrees.

In a bowl, combine all of the ingredients.

Pour into a shallow, four-cup baking dish.

Bake for 15 minutes.

Serve with crackers.

Per Serving (excluding unknown items): 1213 Calories; 118g Fat (82.8% calories from fat); 39g Protein; 16g Carbohydrate; 7g Dietary Fiber; 101mg Cholesterol; 2235mg Sodium. Exchanges: 4 1/2 Lean Meat; 2 1/2 Vegetable; 9 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1213	Vitamin B6 (mg):	.8mg
% Calories from Fat:	82.8%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	5.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	118g	Folacin (mcg):	102mcg
Saturated Fat (g):	28g	Niacin (mg):	1mg
Monounsaturated Fat (g):	32g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	46g	Alcohol (kcal):	0
Cholesterol (mg):	101mg	% Refuse:	n n%
Carbohydrate (g):	16g	Food Exchanges	
Dietary Fiber (g):	7g	Grain (Starch):	0
Protein (g):	39g	Lean Meat:	4 1/2
Sodium (mg):	2235mg	Vegetable:	2 1/2
Potassium (mg):	597mg	Fruit:	0

Calcium (mg): 1177mg
Iron (mg): 3mg
Zinc (mg): 3mg
Vitamin C (mg): 15mg
Vitamin A (i.u.): 1106IU
Vitamin A (r.e.): 254 1/2RE

Non-Fat Milk: 0
Fat: 9 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1213 **Calories from Fat:** 1005

% Daily Values*

Total Fat 118g	181%
Saturated Fat 28g	141%
Cholesterol 101mg	34%
Sodium 2235mg	93%
Total Carbohydrates 16g	5%
Dietary Fiber 7g	28%
Protein 39g	
Vitamin A	22%
Vitamin C	25%
Calcium	118%
Iron	16%

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