

Pumpkin-Maple Dip

Dash Magazine - October 2014

Yield: 2 cups

4 ounces cream cheese, room temperature

1/2 cup canned pumpkin puree'

1/2 cup Greek yogurt

3 tablespoons maple syrup

2 tablespoons peanut butter

1/2 teaspoon cinnamon

*1/4 teaspoon ground ginger
pinch salt*

In a food processor, combine the cream cheese, pumpkin puree', yogurt, maple syrup, peanut butter, cinnamon, ginger and salt.

Process until smooth.

Serve with sliced apple or pear, graham crackers or sweet potato chips.

Per Serving (excluding unknown items): 746 Calories; 56g Fat (65.4% calories from fat); 17g Protein; 50g Carbohydrate; 3g Dietary Fiber; 124mg Cholesterol; 491mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 10 Fat; 2 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

| | |
|---------------------------------------|-------|
| Calories (kcal): | 746 |
| % Calories from Fat: | 65.4% |
| % Calories from Carbohydrates: | 25.9% |
| % Calories from Protein: | 8.7% |
| Total Fat (g): | 56g |
| Saturated Fat (g): | 28g |
| Monounsaturated Fat (g): | 19g |
| Polyunsaturated Fat (g): | 6g |
| Cholesterol (mg): | 124mg |
| Carbohydrate (g): | 50g |
| Dietary Fiber (g): | 3g |
| Protein (g): | 17g |
| Sodium (mg): | 491mg |
| Potassium (mg): | 483mg |
| Calcium (mg): | 178mg |

| | |
|----------------------------|-------|
| Vitamin B6 (mg): | .2mg |
| Vitamin B12 (mcg): | .5mcg |
| Thiamin B1 (mg): | .1mg |
| Riboflavin B2 (mg): | .3mg |
| Folacin (mcg): | 39mcg |
| Niacin (mg): | 5mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | n n% |

Food Exchanges

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

Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): trace
Vitamin A (i.u.): 1622IU
Vitamin A (r.e.): 488RE

Fat: 10
Other Carbohydrates: 2 1/2

Nutrition Facts

Amount Per Serving

Calories 746 **Calories from Fat:** 488

% Daily Values*

| | | |
|----------------------------|-------|------|
| Total Fat | 56g | 86% |
| Saturated Fat | 28g | 141% |
| Cholesterol | 124mg | 41% |
| Sodium | 491mg | 20% |
| Total Carbohydrates | 50g | 17% |
| Dietary Fiber | 3g | 10% |
| Protein | 17g | |
| <hr/> | | |
| Vitamin A | | 32% |
| Vitamin C | | 1% |
| Calcium | | 18% |
| Iron | | 17% |

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