

# Raspberry-Cheese Dip with Fresh Fruit

*What's Cooking II*

*North American Institute of Modern Cuisine*

## Yield: 2 cups

*6 ounces cream cheese, softened  
1 tablespoon brown sugar  
1/2 tablespoon ground ginger  
1 tablespoon red wine vinegar  
1 cup raspberries, crushed  
fresh fruit, in bite-size pieces*

In a bowl, mix the cream cheese, sugar, ginger and vinegar. Blend in the raspberries. Refrigerate for 30 minutes.

Serve the dip with fresh fruit skewered onto long toothpicks.

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Per Serving (excluding unknown items): 701 Calories; 60g Fat (75.1% calories from fat); 14g Protein; 31g Carbohydrate; 9g Dietary Fiber; 187mg Cholesterol; 507mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Fruit; 11 Fat; 1/2 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	701	Vitamin B6 (mg):	.2mg
% Calories from Fat:	75.1%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	17.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.9%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	60g	Folacin (mcg):	57mcg
Saturated Fat (g):	37g	Niacin (mg):	1mg
Monounsaturated Fat (g):	17g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	187mg	% Refuse:	0.0%
Carbohydrate (g):	31g	<b>Food Exchanges</b>	
Dietary Fiber (g):	9g	Grain (Starch):	0
Protein (g):	14g	Lean Meat:	2
Sodium (mg):	507mg	Vegetable:	0
Potassium (mg):	478mg	Fruit:	1
Calcium (mg):	176mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	11
Zinc (mg):	2mg	Other Carbohydrates:	1/2

