

Rye Boat Dip

*"Fruits of the Spirit" (2001) - Wendy Smith
Grapevine United Methodist Church - Port St. Lucie, FL*

1 small loaf rye bread, unsliced
BEEF DIP
1 pint sour cream
1 1/3 cups mayonnaise
2 teaspoons dill seed
1 small onion, grated
1 small jar dried chipped beef OR 1
small can corned beef, chopped
SHRIMP DIP
8 ounces cream cheese, softened
1/4 cup mayonnaise
1/4 cup French dressing
1 can (4 ounce) tiny shrimp
1 tablespoon onion, minced

Make the Rye Boat: Cut the bread into a boat shape. Lift out the center carefully and cut into strips for dipping.

Prepare either the shrimp dip OR beef dip to be placed in the rye boat.

Prepare the shrimp dip: In a bowl, mix the cream cheese, mayonnaise, French dressing, tiny shrimp and onion. Mix well. (The flavor is better if prepared 24 hours before serving and refrigerated.)

Prepare the beef dip: In a small bowl, mix the sour cream, mayonnaise, dill seed, onion and beef. Mix well. (The flavor is better if prepared 24 hours before serving and refrigerated.)

Place the filling in the bread boat. Garnish with parsley. Place the strips of bread around the boat. (Additional rye bread may be needed.)

Per Serving (excluding unknown items): 4411 Calories; 473g Fat (91.9% calories from fat); 40g Protein; 54g Carbohydrate; 5g Dietary Fiber; 575mg Cholesterol; 3107mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 1 1/2 Non-Fat Milk; 59 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	4411	Vitamin B6 (mg):	2.3mg
% Calories from Fat:	91.9%	Vitamin B12 (mcg):	3.2mcg
% Calories from Carbohydrates:	4.7%	Thiamin B1 (mg):	.4mg

% Calories from Protein: 3.5%
 Total Fat (g): 473g
 Saturated Fat (g): 151g
 Monounsaturated Fat (g): 130g
 Polyunsaturated Fat (g): 150g
 Cholesterol (mg): 575mg
 Carbohydrate (g): 54g
 Dietary Fiber (g): 5g
 Protein (g): 40g
 Sodium (mg): 3107mg
 Potassium (mg): 1345mg
 Calcium (mg): 893mg
 Iron (mg): 7mg
 Zinc (mg): 4mg
 Vitamin C (mg): 13mg
 Vitamin A (i.u.): 7848IU
 Vitamin A (r.e.): 2260 1/2RE

Riboflavin B2 (mg): 1.2mg
 Folic Acid (mcg): 157mcg
 Niacin (mg): 2mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refused: n n%

Food Exchanges

Grain (Starch): 1
 Lean Meat: 2 1/2
 Vegetable: 2
 Fruit: 0
 Non-Fat Milk: 1 1/2
 Fat: 59
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 4411 **Calories from Fat:** 4052

% Daily Values*

Total Fat	473g	727%
Saturated Fat	151g	755%
Cholesterol	575mg	192%
Sodium	3107mg	129%
Total Carbohydrates	54g	18%
Dietary Fiber	5g	20%
Protein	40g	
Vitamin A		157%
Vitamin C		21%
Calcium		89%
Iron		37%

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