

Super Blue Cheese Artichoke Dip

www.maries.com
Ventura Foods, LLC

Servings: 4

1/2 cup Marie's Super Blue Cheese Dressing
1 can (15 ounce) artichoke hearts, in water, drained and chopped
8 ounces sour cream
2 green onions, chopped

In a serving bowl, combine all of the ingredients.

Chill for a minimum of one hour.

Serve with crackers or toasted and sliced French bread.

Per Serving (excluding unknown items): 124 Calories; 12g Fat (84.5% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 25mg Cholesterol; 31mg Sodium. Exchanges: 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	124	Vitamin B6 (mg):	trace
% Calories from Fat:	84.5%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	9.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	12g	Folacin (mcg):	11mcg
Saturated Fat (g):	7g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	25mg	% Refuse:	n n%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	31mg	Vegetable:	0
Potassium (mg):	102mg	Fruit:	0
Calcium (mg):	71mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	2 1/2
Zinc (mg):	trace	Other Carbohydrates:	0

Vitamin C (mg): 2mg
Vitamin A (i.u.): 477IU
Vitamin A (r.e.): 137 1/2RE

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 124 **Calories from Fat:** 105

		% Daily Values*
Total Fat	12g	18%
Saturated Fat	7g	37%
Cholesterol	25mg	8%
Sodium	31mg	1%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	1%
Protein	2g	
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Vitamin A		10%
Vitamin C		3%
Calcium		7%
Iron		1%

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