

Zucchini Chive Dip

*Philadelphia Cream Cheese Favorite Recipes (1988)
1988 Kraft Inc.*

Yield: 1 cup

*1 container (8 ounce) cream cheese
3 tablespoons milk
1 small zucchini, shredded
3 tablespoons chives, chopped
1/8 teaspoon salt*

In a bowl, combine the cream cheese and milk, mixing until well blended.

Add the zucchini, chives and salt. Mix well.

Chill.

Serve with vegetable dippers or chips.

Per Serving (excluding unknown items): 868 Calories; 83g Fat (83.8% calories from fat); 22g Protein; 14g Carbohydrate; 3g Dietary Fiber; 261mg Cholesterol; 970mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 15 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	868	Vitamin B6 (mg):	.3mg
% Calories from Fat:	83.8%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	6.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	9.7%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	83g	Folacin (mcg):	86mcg
Saturated Fat (g):	52g	Niacin (mg):	1mg
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	261mg	% Refuse:	n n%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	22g	Lean Meat:	2 1/2
Sodium (mg):	970mg	Vegetable:	1
Potassium (mg):	859mg	Fruit:	0
Calcium (mg):	279mg	Non-Fat Milk:	0

Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 23mg
Vitamin A (i.u.): 4426IU
Vitamin A (r.e.): 1121RE

Fat: 15
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 868 **Calories from Fat:** 728

% Daily Values*

Total Fat 83g	127%
Saturated Fat 52g	260%
Cholesterol 261mg	87%
Sodium 970mg	40%
Total Carbohydrates 14g	5%
Dietary Fiber 3g	10%
Protein 22g	
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Vitamin A	89%
Vitamin C	39%
Calcium	28%
Iron	21%

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