

Italian Artichoke Pie

Easy Summer Entertaining (1991)
Kraft General Foods, Inc.

Servings: 9

*1/2 package (15 ounce) refrigerated
pie crust (one crust)*
1 cup ricotta cheese
1/2 cup Miracle Whip®
2 eggs, beaten
*1 can (14 ounce) artichoke hearts,
drained and chopped*
*1 1/2 cup (6 ounces) low-moisture
part-skim mozzarella cheese, divided*
*1/2 cup (2 ounces) Parmesan cheese,
grated*
1/4 teaspoon garlic powder
1 tomato, seeded and chopped

Preparation Time: 15 minutes

Cook Time: 45 minutes

Preheat the oven to 450 degrees.

Place the pie crust in a nine-inch pie plate. Turn under the edge. Flute. Prick the bottom and sides with a fork.

Bake for 8 minutes. Remove from the oven. Reduce the oven temperature to 350 degrees.

In a bowl, mix together the ricotta cheese, Miracle Whip and eggs until well blended. Stir in the artichokes, one cup of mozzarella cheese, parmesan cheese and garlic powder. Spoon into the crust.

Bake to 30 to 35 or until set. Sprinkle with one-half cup of mozzarella cheese and the tomatoes. Continue baking for 5 to 10 minutes. or until the cheese is melted. Cool.

Serve at room temperature.

Per Serving (excluding unknown items): 135 Calories; 11g Fat (72.4% calories from fat); 5g Protein; 4g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 138mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	135	Vitamin B6 (mg):	trace
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% Calories from Fat:	72.4%
% Calories from Carbohydrates:	12.9%
% Calories from Protein:	14.7%
Total Fat (g):	11g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	66mg
Carbohydrate (g):	4g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	138mg
Potassium (mg):	108mg
Calcium (mg):	71mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	4mg
Vitamin A (i.u.):	292IU
Vitamin A (r.e.):	66 1/2RE

Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	16mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 9

Amount Per Serving

Calories 135 Calories from Fat: 98

% Daily Values*

Total Fat	11g	17%
Saturated Fat	4g	18%
Cholesterol	66mg	22%
Sodium	138mg	6%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	3%
Protein	5g	
Vitamin A		6%
Vitamin C		6%
Calcium		7%
Iron		3%

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