

Hot Artichoke Spread

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Yield: 2 cups

1 cup Miracle Whip®

1 cup (4 ounces) grated Parmesan cheese

1 can (14 ounce) artichoke hearts, drained and chopped

1 can (4 ounce) chopped green chilies, drained

1 clove garlic, minced

2 tablespoons green onions, sliced

2 tablespoons tomato, chopped

Preparation Time: 10 minutes

Cook Time: 25 minutes

Preheat the oven to 350 degrees.

In a bowl, mix together the Miracle Whip, Parmesan, artichokes, chilies and garlic until well blended.

Spoon the mixture into a shallow ovenproof dish or nine-inch pie plate.

Bake for 20 to 25 minutes or until lightly browned. Sprinkle with the onions and tomatoes.

Serve with toasted bread cutouts.

Microwave option: In a bowl, mix together the Miracle Whip, Parmesan, artichokes, chilies and garlic until well blended. Spoon into a nine-inch pie plate. Microwave on MEDIUM (50%) for 7 to 9 minutes or until the mixture is warm, stirring every 4 minutes. Stir before serving. Sprinkle with the onions and tomatoes.

Per Serving (excluding unknown items): 1199 Calories; 114g Fat (83.7% calories from fat); 6g Protein; 44g Carbohydrate; 5g Dietary Fiber; 84mg Cholesterol; 1697mg Sodium. Exchanges: 1/2 Lean Meat; 2 Vegetable; 22 1/2 Fat; 2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1199	Vitamin B6 (mg):	.1mg
% Calories from Fat:	83.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	14.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	114g	Folacin (mcg):	54mcg
Saturated Fat (g):	17g	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

Cholesterol (mg):	84mg
Carbohydrate (g):	44g
Dietary Fiber (g):	5g
Protein (g):	6g
Sodium (mg):	1697mg
Potassium (mg):	398mg
Calcium (mg):	122mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	16mg
Vitamin A (i.u.):	370IU
Vitamin A (r.e.):	44 1/2RE

% Daily Value* 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	22 1/2
Other Carbohydrates:	2

Nutrition Facts

Amount Per Serving

Calories 1199 Calories from Fat: 1003

% Daily Values*

Total Fat 114g	175%
Saturated Fat 17g	85%
Cholesterol 84mg	28%
Sodium 1697mg	71%
Total Carbohydrates 44g	15%
Dietary Fiber 5g	21%
Protein 6g	
<hr/>	
Vitamin A	7%
Vitamin C	26%
Calcium	12%
Iron	8%

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