Cheesy Balsamic Parmesan Dip

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Yield: 4 cups

2 cups Hellman's Creamy Balsamic Mayonnaise Dressing 2 cups (8 ounces) Parmesan cheese, shredded

2 cloves garlic, finely chopped

Preparation Time: 10 minutes Cook Time: 35 minutes

Preheat the oven to 350 degrees.

In a large bowl, combine all of the ingredients.

Scrape the mixture into a one-quart baking dish.

Bake for 35 minutes or until brown and bubbly.

Per Serving (excluding unknown items): 55 Calories; 3g Fat (49.8% calories from fat); 5g Protein; 2g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 187mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.

Appetizers

Day Carrier Mutritional Analysis

Calories (kcal):	55	Vitamin B6 (mg):	.1mg
% Calories from Fat:	49.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	17.1%	Thiamin B1 (mg):	0mg
% Calories from Protein:	33.1%	Riboflavin B2 (mg):	trace
Total Fat (q):	3g	Folacin (mcg):	1mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
,	. •	Alcohol (kcal):	0
Polyunsaturated Fat (g):	trace	% Defuse:	በ በ%
Cholesterol (mg):	8mg		
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	5g	Lean Meat:	1/2
Sodium (mg):	187mg	Vegetable:	1/2
Potassium (mg):	35mg	Fruit:	0
Calcium (mg):	148mg	Non-Fat Milk:	0

Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	70IU		
Vitamin A (r.e.):	21RE		

Nutrition Facts

Amount Per Serving				
Calories 55	Calories from Fat: 27			
	% Daily Values*			
Total Fat 3g Saturated Fat 2g Cholesterol 8mg Sodium 187mg Total Carbohydrates 2g Dietary Fiber trace Protein 5g	5% 10% 3% 8% 1% 0%			
Vitamin A Vitamin C Calcium Iron	1% 3% 15% 1%			

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