Raspberry-Cheese Dip with Fresh Fruit

What's Cooking II Northj American Institute of Modern Cuisine

Yield: 2 cups

6 ounces cream cheese, softened 1 tablespoon brown sugar 1/2 tablespoon ground ginger 1 tablespoon red wine vinegar 1 cup raspberries, crushed fresh fruit, in bite-size pieces In a bowl, mix the cream cheese, sugar, ginger and vinegar. Blend in the raspberries. Refrigerate for 30 minutes.

Serve the dip with fresh fruit skewered onto long toothpicks.

Per Serving (excluding unknown items): 701 Calories; 60g Fat (75.1% calories from fat); 14g Protein; 31g Carbohydrate; 9g Dietary Fiber; 187mg Cholesterol; 507mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Fruit; 11 Fat; 1/2 Other Carbohydrates.

Appetizers

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Calories (kcal):	701	Vitamin B6 (mg):	.2mg
% Calories from Fat:	75.1%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	17.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.9%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	60g	Folacin (mcg):	57mcg
Saturated Fat (g):	37g	Niacin (mg):	1mg
Monounsaturated Fat (g):	17g	Caffeine (mg):	0mg
	3g	Alcohol (kcal):	0
Polyunsaturated Fat (g):	•	% Dafusa	በ በ%
Cholesterol (mg):	187mg	Food Exchanges	
Carbohydrate (g):	31g		
Dietary Fiber (g):	9g	Grain (Starch):	0
Protein (g):	14g	Lean Meat:	2
Sodium (mg):	507mg	Vegetable:	0
Potassium (mg):	478mg	Fruit:	1
Calcium (mg):	176mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	11
Zinc (mg):	2mg	Other Carbohydrates:	1/2
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 Vitamin C (mg):
 32mg

 Vitamin A (i.u.):
 2596IU

 Vitamin A (r.e.):
 748 1/2RE

Nutrition Facts

Amount Per Serving			
Calories 701	Calories from Fat: 526		
	% Daily Values*		
Total Fat 60g	93%		
Saturated Fat 37g	187%		
Cholesterol 187mg	62%		
Sodium 507mg	21%		
Total Carbohydrates 31g	10%		
Dietary Fiber 9g	36%		
Protein 14g			
Vitamin A	52%		
Vitamin C	53%		
Calcium	18%		
Iron	18%		

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