

Apricot-Ricotta Stuffed Celery

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Servings: 25

Yield: 2 dozen

3 dried apricots

1/2 cup part-skim ricotta cheese

2 teaspoons brown sugar

1/4 teaspoon grated orange peel

1/8 teaspoon salt

5 ribs celery, cut into 1-1/2-inch pieces

Place the apricots into a food processor. Cover and process until finely chopped.

Add the ricotta cheese, brown sugar, orange peel and salt. Cover and process until blended.

Stuff or pipe the mixture into the celery.

Chill until serving.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 46 Calories; trace Fat (8.3% calories from fat); 1g Protein; 10g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 25mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	46	Vitamin B6 (mg):	trace
% Calories from Fat:	8.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	82.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	4mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	2mg	% Refuse:	n n%
Carbohydrate (g):	10g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	25mg	Vegetable:	0
Potassium (mg):	245mg	Fruit:	1/2

Calcium (mg): 24mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 1161IU
Vitamin A (r.e.): 120 1/2RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 25

Amount Per Serving

Calories 46 **Calories from Fat:** 4

% Daily Values*

Total Fat	trace	1%
	Saturated Fat trace	1%
Cholesterol	2mg	1%
Sodium	25mg	1%
Total Carbohydrates	10g	3%
	Dietary Fiber 2g	6%
Protein	1g	

Vitamin A	23%
Vitamin C	2%
Calcium	2%
Iron	4%

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