

# Artichoke & Tomato Dip

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## Servings: 8

1 can (14.5 ounce) artichoke hearts,  
drained and chopped  
1 1/2 cups Parmesan cheese, grated  
1 cup fat-free mayonnaise  
1 can (28 ounce) diced tomatoes in  
rich tomato juice, drained  
1 cup green onions, sliced  
pita bread triangles

## Preparation Time: 10 minutes

## Cook Time: 25 minutes

Preheat the oven to 350 degrees.

In a bowl, combine the artichoke hearts, cheese and mayonnaise. Mix well. Spoon into a nine-inch pie plate.

Bake for 20 to 25 minutes or until lightly browned.

Sprinkle with the diced tomatoes.

(You may prepare one day in advance and store, covered, in the refrigerator. Bake just before serving.)

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Per Serving (excluding unknown items): 101 Calories; 5g Fat (39.9% calories from fat); 7g Protein; 9g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 671mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	101	Vitamin B6 (mg):	trace
% Calories from Fat:	39.9%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	33.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	26.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	5g	Folacin (mcg):	14mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	12mg	% Refuse:	0.0%

Carbohydrate (g):	9g
Dietary Fiber (g):	1g
Protein (g):	7g
Sodium (mg):	671mg
Potassium (mg):	116mg
Calcium (mg):	220mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	170IU
Vitamin A (r.e.):	38RE

### Food Exchanges

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

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### Nutrition Facts

Servings per Recipe: 8

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#### Amount Per Serving

**Calories** 101 Calories from Fat: 40

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#### % Daily Values\*

<b>Total Fat</b> 5g	7%
Saturated Fat 3g	14%
<b>Cholesterol</b> 12mg	4%
<b>Sodium</b> 671mg	28%
<b>Total Carbohydrates</b> 9g	3%
Dietary Fiber 1g	4%
<b>Protein</b> 7g	

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<b>Vitamin A</b>	3%
<b>Vitamin C</b>	6%
<b>Calcium</b>	22%
<b>Iron</b>	2%

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