

Artichoke Dip

Janet Bottone

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

2 cans artichoke hearts in water,
chopped
1 cup mayonnaise
1 cup cheddar cheese, grated
1 cup mozzarella cheese, shredded
salt and pepper (to taste)

Preheat the oven to 350 degrees.

In a bowl, mix all of the ingredients together.

Place the mixture in a baking dish.

Bake for 45 minutes until golden brown.

Serve warm with chips or crackers.

Per Serving (excluding unknown items): 2395 Calories; 253g Fat (90.5% calories from fat); 55g Protein; 4g Carbohydrate; 0g Dietary Fiber; 297mg Cholesterol; 2425mg Sodium. Exchanges: 7 1/2 Lean Meat; 24 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2395	Vitamin B6 (mg):	1.4mg
% Calories from Fat:	90.5%	Vitamin B12 (mcg):	2.3mcg
% Calories from Carbohydrates:	0.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.8%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	253g	Folacin (mcg):	46mcg
Saturated Fat (g):	68g	Niacin (mg):	trace
Monounsaturated Fat (g):	69g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	93g	Alcohol (kcal):	0
Cholesterol (mg):	297mg	% Refuse:	n n%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	55g	Lean Meat:	7 1/2
Sodium (mg):	2425mg	Vegetable:	0
Potassium (mg):	271mg	Fruit:	0

Calcium (mg): 1509mg
Iron (mg): 2mg
Zinc (mg): 7mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 2842IU
Vitamin A (r.e.): 791RE

Non-Fat Milk: 0
Fat: 24 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2395 **Calories from Fat:** 2168

% Daily Values*

Total Fat 253g 388%
 Saturated Fat 68g 338%
Cholesterol 297mg 99%
Sodium 2425mg 101%
Total Carbohydrates 4g 1%
 Dietary Fiber 0g 0%
Protein 55g

Vitamin A 57%
Vitamin C 0%
Calcium 151%
Iron 12%

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