

Arugula Dip

50 Antipasti
Food Network Magazine

2 1/2 cups packed arugula
1/2 cup mayonnaise
1 small clove garlic
zest of one lemon
juice of one lemon
1/2 teaspoon Kosher salt
pinch red pepper flakes

In a food processor, puree the arugula, mayonnaise, garlic, lemon zest, lemon juice, salt and red pepper flakes until smooth.

Serve with olive oil potato chips.

Per Serving (excluding unknown items): 793 Calories; 94g Fat (98.9% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 39mg Cholesterol; 1566mg Sodium. Exchanges: 0 Vegetable; 8 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	793
% Calories from Fat:	98.9%
% Calories from Carbohydrates:	0.5%
% Calories from Protein:	0.7%
Total Fat (g):	94g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	25g
Polyunsaturated Fat (g):	45g
Cholesterol (mg):	39mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	1566mg
Potassium (mg):	49mg
Calcium (mg):	25mg
Iron (mg):	1mg
Zinc (mg):	trace

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	8
Other Carbohydrates:	0

Vitamin C (mg): 1mg
Vitamin A (i.u.): 308IU
Vitamin A (r.e.): 61 1/2RE

Nutrition Facts

Amount Per Serving

Calories 793 Calories from Fat: 784

% Daily Values*

Total Fat	94g	144%
Saturated Fat	13g	65%
Cholesterol	39mg	13%
Sodium	1566mg	65%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	1g	
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Vitamin A		6%
Vitamin C		2%
Calcium		3%
Iron		3%

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