

Awesome Artichoke Dip

KraftFoods.com

1 package (6 ounce) Kraft Fresh Take Italian Parmesan Cheese & Breadcrumb Mix, mixed together
1 package (8 ounce) Philadelphia cream cheese, softened
1 can (14 ounce) artichoke hearts, drained and chopped
1/2 cup Kraft mayonnaise

Preparation Time: 10 minutes

Bake: 25 minutes

Preheat the oven to 375 degrees.

Reserve 3/4 cup of the Fresh Take mixture.

In a bowl, combine the remaining Fresh Take with the cream cheese, artichoke hearts and mayonnaise. Spread the mixture onto the bottom of a nine-inch pie plate. Top with the reserved Fresh Take.

Bake for 25 minutes or until heated through.

Serve with toasted bread strips.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 42 Calories; trace Fat (2.3% calories from fat); 3g Protein; 9g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 80mg Sodium. Exchanges: 1 1/2 Vegetable.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	42	Vitamin B6 (mg):	.1mg
% Calories from Fat:	2.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	74.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	23.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	43mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
	0mg	% Daily Value:	0 0%

Cholesterol (mg):
Carbohydrate (g): 9g
Dietary Fiber (g): 5g
Protein (g): 3g
Sodium (mg): 80mg
Potassium (mg): 297mg
Calcium (mg): 38mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 8mg
Vitamin A (i.u.): 149IU
Vitamin A (r.e.): 15RE

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 42 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	80mg	3%
Total Carbohydrates	9g	3%
Dietary Fiber	5g	18%
Protein	3g	
<hr/>		
Vitamin A		3%
Vitamin C		14%
Calcium		4%
Iron		6%

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