

Blueberry Cheesecake Dip

50 Colorful Snacks
Food Network Magazine

4 ounces cream cheese
1/2 cup sour cream
1/2 cup blueberry jam
1/4 teaspoon Kosher salt

In a food processor, puree the cream cheese, sour cream, blueberry jam and Kosher salt.

Serve with blackberries, red grapes and/or sliced plums.

Per Serving (excluding unknown items): 1029 Calories; 64g Fat (53.7% calories from fat); 13g Protein; 111g Carbohydrate; 2g Dietary Fiber; 175mg Cholesterol; 930mg Sodium. Exchanges: 1 Lean Meat; 1/2 Non-Fat Milk; 12 Fat; 7 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1029
% Calories from Fat:	53.7%
% Calories from Carbohydrates:	41.4%
% Calories from Protein:	5.0%
Total Fat (g):	64g
Saturated Fat (g):	40g
Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	175mg
Carbohydrate (g):	111g
Dietary Fiber (g):	2g
Protein (g):	13g
Sodium (mg):	930mg
Potassium (mg):	424mg
Calcium (mg):	256mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	15mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	40mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	12
Other Carbohydrates:	7

Vitamin A (i.u.): 2546IU
Vitamin A (r.e.): 762RE

Nutrition Facts

Amount Per Serving

Calories 1029 Calories from Fat: 552

% Daily Values*

Total Fat 64g	98%
Saturated Fat 40g	200%
Cholesterol 175mg	58%
Sodium 930mg	39%
Total Carbohydrates 111g	37%
Dietary Fiber 2g	7%
Protein 13g	
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Vitamin A	51%
Vitamin C	25%
Calcium	26%
Iron	12%

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