

# Broccoli Dip

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

1 box (10 ounce) frozen cut broccoli  
1/2 cup onion, chopped  
1/2 cup celery, chopped  
2 cans (4-1/2 ounce ea) mushrooms,  
drained  
4 tablespoons butter or margarine  
1 can (10-3/4 ounce) cream of  
mushroom soup  
1 roll (6 ounce) Cheddar cheese,  
spread  
1 teaspoon garlic powder

In a saucepan, cook the broccoli until tender.  
Drain and set aside.

In a skillet, saute' the onions, celery and  
mushrooms in butter for about 15 minutes. Set  
aside.

In a saucepan, combine the soup with the  
cheese and garlic powder. Heat until the cheese  
melts. Combine the sautee'd vegetables with  
the soup mixture. Add the broccoli and simmer  
about 10 minutes, stirring occasionally, until the  
broccoli falls apart.

Serve with crisp raw vegetables or party rye  
bread.

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Per Serving (excluding unknown  
items): 1051 Calories; 93g Fat  
(78.5% calories from fat); 34g  
Protein; 24g Carbohydrate; 3g  
Dietary Fiber; 246mg Cholesterol;  
2261mg Sodium. Exchanges: 1/2  
Grain(Starch); 4 Lean Meat; 2  
Vegetable; 16 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	1051	Vitamin B6 (mg):	.3mg
% Calories from Fat:	78.5%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	8.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.6%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	93g	Folacin (mcg):	67mcg
Saturated Fat (g):	55g	Niacin (mg):	3mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	246mg
Carbohydrate (g):	24g
Dietary Fiber (g):	3g
Protein (g):	34g
Sodium (mg):	2261mg
Potassium (mg):	688mg
Calcium (mg):	922mg
Iron (mg):	2mg
Zinc (mg):	5mg
Vitamin C (mg):	12mg
Vitamin A (i.u.):	3015IU
Vitamin A (r.e.):	797 1/2RE

**% Refuse:**

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### Food Exchanges

Grain (Starch):	1/2
Lean Meat:	4
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	16
Other Carbohydrates:	0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 1051                      **Calories from Fat:** 825

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### % Daily Values\*

<b>Total Fat</b> 93g	143%
Saturated Fat 55g	275%
<b>Cholesterol</b> 246mg	82%
<b>Sodium</b> 2261mg	94%
<b>Total Carbohydrates</b> 24g	8%
Dietary Fiber 3g	14%
<b>Protein</b> 34g	
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<b>Vitamin A</b>	60%
<b>Vitamin C</b>	20%
<b>Calcium</b>	92%
<b>Iron</b>	13%

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