

Club Sandwich Dip

*All-Time Favorites 2012 Cookbook
Better Homes and Gardens Magazine*

Servings: 20

1 pound smoked turkey breast, chopped
8 ounces cooked ham, chopped
8 ounces process Swiss or American cheese, torn
1 package (8 ounce) cream cheese, cut up
1 cup light mayonnaise
2 tablespoons Dijon mustard
6 slices bacon, crisp-cooked, drained and crumbled
1/2 cup cherry or grape tomatoes, coarsely chopped
whole wheat toast points and/or assorted cup-up vegetables

Preparation Time: 20 minutes

Cook Time: 1 hour

In a 3-1/2- or 4-quart slow cooker, combine the turkey, ham, process cheese, cream cheese, mayonnaise and mustard.

Cover and cook on high-heat setting for one to two hours or until the cheeses are melted, stirring after one hour.

Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to two hours, stirring occasionally.

Before serving, stir in half of the bacon.

Top with the remaining bacon and tomatoes.

Serve with the toast points.

Per Serving (excluding unknown items): 140 Calories; 10g Fat (65.0% calories from fat); 10g Protein; 3g Carbohydrate; trace Dietary Fiber; 41mg Cholesterol; 306mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	140	Vitamin B6 (mg):	.1mg
% Calories from Fat:	65.0%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	7.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	27.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	10g	Folacin (mcg):	3mcg

Saturated Fat (g): 4g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 41mg
Carbohydrate (g): 3g
Dietary Fiber (g): trace
Protein (g): 10g
Sodium (mg): 306mg
Potassium (mg): 124mg
Calcium (mg): 16mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 166IU
Vitamin A (r.e.): 50RE

Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories 140 Calories from Fat: 91

% Daily Values*

Total Fat 10g		16%
Saturated Fat 4g		20%
Cholesterol 41mg		14%
Sodium 306mg		13%
Total Carbohydrates 3g		1%
Dietary Fiber trace		0%
Protein 10g		
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Vitamin A		3%
Vitamin C		6%
Calcium		2%
Iron		3%

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