

Creamy Ginger Dip

Philadelphia Cream Cheese Favorite Recipes (1988)
1988 Kraft Inc.

Yield: 1 cup

1 package (8 ounce) light Neufchatel
cheese, softened
2 tablespoons orange juice
2 tablespoons orange marmalade
1/8 teaspoon ground ginger
assorted fresh fruit

In a bowl, mix the Neufchatel cheese, orange
juice, marmalade and ginger until well blended.

Chill.

Serve with fruit.

*Serving suggestion: For a breakfast
treat, serve the dip with fruit muffins
or nut bread.*

Per Serving (excluding unknown
items): 113 Calories; trace Fat
(0.5% calories from fat); trace
Protein; 30g Carbohydrate; 2g
Dietary Fiber; 0mg Cholesterol;
23mg Sodium. Exchanges: 0
Grain(Starch); 0 Fruit; 0 Fat; 2
Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	113
% Calories from Fat:	0.5%
% Calories from Carbohydrates:	98.3%
% Calories from Protein:	1.2%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	30g
Dietary Fiber (g):	2g
Protein (g):	trace
Sodium (mg):	23mg
Potassium (mg):	80mg
Calcium (mg):	19mg
Iron (mg):	trace
Zinc (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	32mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

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

Vitamin C (mg): 17mg
Vitamin A (i.u.): 81IU
Vitamin A (r.e.): 17 1/2RE

Nutrition Facts

Amount Per Serving

Calories	113	Calories from Fat: 1
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	23mg	1%
Total Carbohydrates	30g	10%
Dietary Fiber	2g	8%
Protein	trace	
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Vitamin A		2%
Vitamin C		29%
Calcium		2%
Iron		1%

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