

Creamy Pepperoni Dip

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Servings: 8

1 brick (8 ounce) 1/3 less fat cream cheese, softened
1/2 cup milk
1/4 cup Ranch dressing
24 slices (1/2 cup) Italian-style OR turkey pepperoni, finely chopped
1/4 cup red bell pepper, finely chopped
1/4 cup green onion, finely chopped
baby carrots
pita or mini bagel chips

Place the cream cheese in a medium bowl. Gradually stir in the milk and dressing. Mix well.

Stir in the pepperoni, red pepper and green onion. Mix well.

Serve with carrots and chips for dipping

(Refrigerate any remaining dip for up to two days.)

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 12 Calories; 1g Fat (39.1% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 8mg Sodium. Exchanges: 0 Vegetable; 0 Non-Fat Milk; 0 Fat.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|-----------------------|-------|
| Calories (kcal): | 12 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 39.1% | Vitamin B12 (mcg): | .1mcg |
| % Calories from Carbohydrates: | 41.0% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 19.9% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | 1g | Folacin (mcg): | 4mcg |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 2mg | % Refused: | 0.00% |
| Carbohydrate (g): | 1g | Food Exchanges | |
| Dietary Fiber (g): | trace | Grain (Starch): | 0 |
| Protein (g): | 1g | Lean Meat: | 0 |
| Sodium (mg): | 8mg | Vegetable: | 0 |

Potassium (mg): 40mg
Calcium (mg): 21mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 10mg
Vitamin A (i.u.): 296IU
Vitamin A (r.e.): 33 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 12 Calories from Fat: 5

% Daily Values*

| | | |
|----------------------------|-------|----|
| Total Fat | 1g | 1% |
| Saturated Fat | trace | 2% |
| Cholesterol | 2mg | 1% |
| Sodium | 8mg | 0% |
| Total Carbohydrates | 1g | 0% |
| Dietary Fiber | trace | 1% |
| Protein | 1g | |

| | |
|------------------|-----|
| Vitamin A | 6% |
| Vitamin C | 16% |
| Calcium | 2% |
| Iron | 0% |

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