

Florentine Dip

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

Yield: 2 1/2 cups

1 package (8 ounce) light Neufchatel
cheese, softened
1/2 cup plain yogurt
2 tablespoons milk
1 package (10 ounce) frozen spinach,
thawed, well-drained and chopped.
2 hard-cooked eggs, finely chopped
1/4 teaspoon pepper
1/4 teaspoon salt

In a bowl, combine the Neufchatel cheese,
yogurt and milk. Mix until well blended.

Stir in the spinach, eggs, salt and pepper.

Serve with vegetable dippers.

Per Serving (excluding unknown
items): 288 Calories; 16g Fat
(49.3% calories from fat); 22g
Protein; 15g Carbohydrate; 5g
Dietary Fiber; 444mg Cholesterol;
844mg Sodium. Exchanges: 0
Grain(Starch); 2 Lean Meat; 1 1/2
Vegetable; 1/2 Non-Fat Milk; 2 Fat;
1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	288
% Calories from Fat:	49.3%
% Calories from Carbohydrates:	20.2%
% Calories from Protein:	30.5%
Total Fat (g):	16g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	444mg
Carbohydrate (g):	15g
Dietary Fiber (g):	5g
Protein (g):	22g
Sodium (mg):	844mg
Potassium (mg):	872mg

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	1.7mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	241mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	1 1/2
Fruit:	0

Calcium (mg): 413mg
Iron (mg): 5mg
Zinc (mg): 3mg
Vitamin C (mg): 39mg
Vitamin A (i.u.): 12853IU
Vitamin A (r.e.): 1435 1/2RE

Non-Fat Milk: 1/2
Fat: 2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 288 **Calories from Fat:** 142

% Daily Values*

Total Fat 16g	25%
Saturated Fat 7g	33%
Cholesterol 444mg	148%
Sodium 844mg	35%
Total Carbohydrates 15g	5%
Dietary Fiber 5g	19%
Protein 22g	
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Vitamin A	257%
Vitamin C	65%
Calcium	41%
Iron	26%

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