

# Golden Veggie Dip

"Fruits of the Spirit" - Daniel Reeder  
 Grapevine United Methodist Church - Port St. Lucie, FL

1 package (8 ounce) cream cheese,  
 softened  
 1/4 cup steak sauce  
 1 tablespoon chili sauce  
 1/4 tablespoon garlic salt  
 1/2 teaspoon celery salt  
 1/4 teaspoon paprika

In a large bowl, combine the cream cheese,  
 steak sauce, chili sauce, garlic salt, celery salt  
 and paprika. Stir until smooth.

Refrigerate before serving.

Use veggies of your choice for dipping.

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Per Serving (excluding unknown  
 items): 857 Calories; 81g Fat  
 (83.5% calories from fat); 19g  
 Protein; 17g Carbohydrate; 2g  
 Dietary Fiber; 255mg Cholesterol;  
 3890mg Sodium. Exchanges: 0  
 Grain(Starch); 2 1/2 Lean Meat; 0  
 Vegetable; 15 Fat; 1/2 Other  
 Carbohydrates.

## Appetizers

### Per Serving Nutritional Analysis

Calories (kcal):	857	Vitamin B6 (mg):	.2mg
% Calories from Fat:	83.5%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	7.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.6%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	81g	Folacin (mcg):	37mcg
Saturated Fat (g):	51g	Niacin (mg):	1mg
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	255mg	% Refuse:	n n%
Carbohydrate (g):	17g	<b>Food Exchanges</b>	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	19g	Lean Meat:	2 1/2
Sodium (mg):	3890mg	Vegetable:	0
Potassium (mg):	615mg	Fruit:	0
Calcium (mg):	198mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	15

Zinc (mg): 1mg  
Vitamin C (mg): 20mg  
Vitamin A (i.u.): 5340IU  
Vitamin A (r.e.): 1201RE

Other Carbohydrates: 1/2

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## Nutrition Facts

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### Amount Per Serving

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Calories 857                      Calories from Fat: 716

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### % Daily Values\*

<b>Total Fat</b> 81g	125%
Saturated Fat 51g	255%
<b>Cholesterol</b> 255mg	85%
<b>Sodium</b> 3890mg	162%
<b>Total Carbohydrates</b> 17g	6%
Dietary Fiber 2g	10%
<b>Protein</b> 19g	
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<b>Vitamin A</b>	107%
<b>Vitamin C</b>	34%
<b>Calcium</b>	20%
<b>Iron</b>	21%

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