

# Green Tea Cheesecake Dip

50 Colorful Snacks  
Food Network Magazine

4 ounces cream cheese  
1/2 cup sugar  
1/2 cup sour cream  
1 1/2 teaspoons matcha (green tea powder)  
1/4 teaspoon Kosher salt

In a food processor, puree the cream cheese, sugar, sour cream, matcha and salt.

Serve with green grapes, sliced green apples, sliced kiwi and/or sliced honeydew melon.

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Per Serving (excluding unknown items): 1029 Calories; 64g Fat (54.4% calories from fat); 12g Protein; 108g Carbohydrate; 0g Dietary Fiber; 175mg Cholesterol; 867mg Sodium. Exchanges: 1 Lean Meat; 1/2 Non-Fat Milk; 12 Fat; 6 1/2 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1029	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	54.4%	<b>Vitamin B12 (mcg):</b>	.8mcg
<b>% Calories from Carbohydrates:</b>	41.0%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	4.6%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	64g	<b>Folacin (mcg):</b>	27mcg
<b>Saturated Fat (g):</b>	40g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	18g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	175mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	108g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	0g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	12g	<b>Lean Meat:</b>	1
<b>Sodium (mg):</b>	867mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	303mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	225mg	<b>Non-Fat Milk:</b>	1/2
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	12
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	6 1/2
<b>Vitamin C (mg):</b>	1mg		

Vitamin A (i.u.): 2527IU  
Vitamin A (r.e.): 760RE

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## Nutrition Facts

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### Amount Per Serving

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**Calories** 1029 Calories from Fat: 560

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**% Daily Values\***

<b>Total Fat</b> 64g	98%
Saturated Fat 40g	200%
<b>Cholesterol</b> 175mg	58%
<b>Sodium</b> 867mg	36%
<b>Total Carbohydrates</b> 108g	36%
Dietary Fiber 0g	0%
<b>Protein</b> 12g	
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<b>Vitamin A</b>	51%
<b>Vitamin C</b>	2%
<b>Calcium</b>	23%
<b>Iron</b>	8%

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