

Hot Pimiento Dip

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Yield: 2 cups

1 package (8 ounce) cream cheese, softened

1 jar (4 ounce) chopped pimientos, undrained

1 cup (4 ounce) Parmesan cheese, grated

1/2 cup Miracle Whip®

1 can (4 ounce) chopped pitted ripe olives, drained

1 teaspoon garlic powder

Preparation Time: 10 minutes

Cook Time: 20 minutes

Preheat the oven to 375 degrees.

In a bowl, beat the cream cheese and pimientos at medium speed with an electric mixer until blended.

Stir in the Parmesan, Miracle Whip, olives and garlic powder.

Spread the mixture into a nine-inch pie plate.

Bake for 20 minutes, stirring after 10 minutes.

Serve with toasted bread points.

Per Serving (excluding unknown items): 1402 Calories; 138g Fat (87.5% calories from fat); 20g Protein; 24g Carbohydrate; trace Dietary Fiber; 298mg Cholesterol; 1539mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 26 Fat; 1 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1402	Vitamin B6 (mg):	.2mg
% Calories from Fat:	87.5%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	6.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.6%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	138g	Folacin (mcg):	31mcg
Saturated Fat (g):	60g	Niacin (mg):	trace
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
	3g	Alcohol (kcal):	0

Polyunsaturated Fat (g):	
Cholesterol (mg):	298mg
Carbohydrate (g):	24g
Dietary Fiber (g):	trace
Protein (g):	20g
Sodium (mg):	1539mg
Potassium (mg):	313mg
Calcium (mg):	256mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	3346IU
Vitamin A (r.e.):	1008RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	26
Other Carbohydrates:	1

Nutrition Facts

Amount Per Serving

Calories 1402 **Calories from Fat:** 1227

% Daily Values*

Total Fat 138g	213%
Saturated Fat 60g	300%
Cholesterol 298mg	99%
Sodium 1539mg	64%
Total Carbohydrates 24g	8%
Dietary Fiber trace	0%
Protein 20g	
Vitamin A	67%
Vitamin C	1%
Calcium	26%
Iron	16%

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