

Italian Tomato Basil Dip

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Servings: 14

1 package (8 ounce) low-fat cream cheese, softened
1 can (28 ounce) Tuttorosso diced tomatoes in rich tomato juice, drained
3 tablespoons low-fat Italian dressing
3 tablespoons Parmesan cheese, grated
2 tablespoons fresh basil, chopped

Preparation Time: 10 minutes

In a mixing bowl, combine all of the ingredients. Stir to combine.

Refrigerate until ready to serve.

Serve with wheat crackers or toasted Italian bread.

Per Serving (excluding unknown items): 5 Calories; trace Fat (58.9% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 20mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fat.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|-----------------------|-------|
| Calories (kcal): | 5 | Vitamin B6 (mg): | 0mg |
| % Calories from Fat: | 58.9% | Vitamin B12 (mcg): | trace |
| % Calories from Carbohydrates: | 4.5% | Thiamin B1 (mg): | 0mg |
| % Calories from Protein: | 36.6% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | trace |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 1mg | % Refuse: | n n% |
| Carbohydrate (g): | trace | Food Exchanges | |
| Dietary Fiber (g): | trace | Grain (Starch): | 0 |
| Protein (g): | trace | Lean Meat: | 0 |
| Sodium (mg): | 20mg | Vegetable: | 0 |
| Potassium (mg): | 3mg | Fruit: | 0 |
| Calcium (mg): | 15mg | Non-Fat Milk: | 0 |
| Iron (mg): | trace | Fat: | 0 |

Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 22IU
Vitamin A (r.e.): 3 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 14

Amount Per Serving

Calories 5 Calories from Fat: 3

% Daily Values*

| | | |
|----------------------------|-------|----|
| Total Fat | trace | 0% |
| Saturated Fat | trace | 1% |
| Cholesterol | 1mg | 0% |
| Sodium | 20mg | 1% |
| Total Carbohydrates | trace | 0% |
| Dietary Fiber | trace | 0% |
| Protein | trace | |
| <hr/> | | |
| Vitamin A | | 0% |
| Vitamin C | | 0% |
| Calcium | | 2% |
| Iron | | 0% |

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