

Jalapeno Dip

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4 ounces cream cheese
1/2 cup mayonnaise
1/2 cup sour cream
1/2 cup cilantro, chopped
1/4 cup dill, chopped
3 scallions, sliced
2 jalapenos, chopped
1 clove garlic, minced
1 tablespoon lime juice
salt (to taste)

Add all of the ingredients to a food processor or blender.

Puree' until smooth.

Per Serving (excluding unknown items): 1534 Calories; 159g Fat (87.7% calories from fat); 20g Protein; 30g Carbohydrate; 5g Dietary Fiber; 214mg Cholesterol; 1086mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 20 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1534
% Calories from Fat:	87.7%
% Calories from Carbohydrates:	7.3%
% Calories from Protein:	5.0%
Total Fat (g):	159g
Saturated Fat (g):	53g
Monounsaturated Fat (g):	43g
Polyunsaturated Fat (g):	48g
Cholesterol (mg):	214mg
Carbohydrate (g):	30g
Dietary Fiber (g):	5g
Protein (g):	20g
Sodium (mg):	1086mg
Potassium (mg):	1608mg
Calcium (mg):	688mg

Vitamin B6 (mg):	1.0mg
Vitamin B12 (mcg):	1.1mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	79mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1 1/2
Vegetable:	2 1/2
Fruit:	0
Non-Fat Milk:	1/2

Iron (mg): 15mg
Zinc (mg): 2mg
Vitamin C (mg): 115mg
Vitamin A (i.u.): 6584IU
Vitamin A (r.e.): 1197RE

Fat: 20
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1534 **Calories from Fat:** 1345

% Daily Values*

Total Fat	159g	244%
Saturated Fat	53g	264%
Cholesterol	214mg	71%
Sodium	1086mg	45%
Total Carbohydrates	30g	10%
Dietary Fiber	5g	21%
Protein	20g	
Vitamin A		132%
Vitamin C		192%
Calcium		69%
Iron		83%

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