

# Lemon Cheesecake Dip

50 Colorful Snacks  
Food Network Magazine

4 ounces cream cheese, softened  
1/2 cup sour cream  
1/2 cup lemon curd  
1/4 teaspoon Kosher salt  
sliced pineapple (for garnish)  
sliced mango (for garnish)

In a food processor, pulse the cream cheese, sour cream, lemon curd and salt until smooth.

Serve with pineapple or mango slices.

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Per Serving (excluding unknown items): 642 Calories; 64g Fat (87.7% calories from fat); 12g Protein; 8g Carbohydrate; 0g Dietary Fiber; 175mg Cholesterol; 866mg Sodium. Exchanges: 1 Lean Meat; 1/2 Non-Fat Milk; 12 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	642
% Calories from Fat:	87.7%
% Calories from Carbohydrates:	4.9%
% Calories from Protein:	7.5%
Total Fat (g):	64g
Saturated Fat (g):	40g
Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	175mg
Carbohydrate (g):	8g
Dietary Fiber (g):	0g
Protein (g):	12g
Sodium (mg):	866mg
Potassium (mg):	301mg
Calcium (mg):	224mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	27mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	12
Other Carbohydrates:	0

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** 642 Calories from Fat: 563

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**% Daily Values\***

<b>Total Fat</b> 64g	98%
Saturated Fat 40g	200%
<b>Cholesterol</b> 175mg	58%
<b>Sodium</b> 866mg	36%
<b>Total Carbohydrates</b> 8g	3%
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>	22%
<b>Iron</b>	8%

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