

Peanut Butter Dip II

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 2 1/2 cups

1 cup smooth peanut butter
2 cups vanilla ice cream, softened
chopped peanuts (for garnish)

Measure the peanut butter and ice cream into a medium bowl. Mix until the ice cream is melted and well blended.

Sprinkle with peanuts. Serve immediately.

Per Serving (excluding unknown items): 2061 Calories; 161g Fat (66.0% calories from fat); 74g Protein; 112g Carbohydrate; 15g Dietary Fiber; 116mg Cholesterol; 1416mg Sodium. Exchanges: 3 Grain(Starch); 7 1/2 Lean Meat; 27 1/2 Fat; 4 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2061	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	66.0%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	20.4%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	13.6%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	161g	Folacin (mcg):	204mcg
Saturated Fat (g):	45g	Niacin (mg):	35mg
Monounsaturated Fat (g):	71g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	37g	Alcohol (kcal):	0
Cholesterol (mg):	116mg	% Refuse:	0.0%
Carbohydrate (g):	112g	Food Exchanges	
Dietary Fiber (g):	15g	Grain (Starch):	3
Protein (g):	74g	Lean Meat:	7 1/2
Sodium (mg):	1416mg	Vegetable:	0
Potassium (mg):	2251mg	Fruit:	0
Calcium (mg):	436mg	Non-Fat Milk:	0
Iron (mg):	5mg	Fat:	27 1/2
Zinc (mg):	9mg	Other Carbohydrates:	4
Vitamin C (mg):	2mg		

Vitamin A (i.u.): 1080IU
Vitamin A (r.e.): 309RE

Nutrition Facts

Amount Per Serving

Calories 2061 **Calories from Fat:** 1360

% Daily Values*

Total Fat	161g	247%
Saturated Fat	45g	223%
Cholesterol	116mg	39%
Sodium	1416mg	59%
Total Carbohydrates	112g	37%
Dietary Fiber	15g	61%
Protein	74g	
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Vitamin A		22%
Vitamin C		3%
Calcium		44%
Iron		27%

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