

Peanut Butter Dip

Scripps Treasure Coast Newspapers

4 ounces reduced-fat cream cheese
1/2 cup creamy peanut butter
3 tablespoons milk
2 teaspoons honey

In a small bowl, beat the cream cheese with an electric mixer until smooth.

Add the peanut butter, milk and honey. Beat on medium speed until smooth.

Per Serving (excluding unknown items): 333 Calories; 21g Fat (57.8% calories from fat); 14g Protein; 22g Carbohydrate; trace Dietary Fiber; 70mg Cholesterol; 661mg Sodium. Exchanges: 1 1/2 Lean Meat; 0 Non-Fat Milk; 3 Fat; 2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	333
% Calories from Fat:	57.8%
% Calories from Carbohydrates:	26.0%
% Calories from Protein:	16.2%
Total Fat (g):	21g
Saturated Fat (g):	14g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	70mg
Carbohydrate (g):	22g
Dietary Fiber (g):	trace
Protein (g):	14g
Sodium (mg):	661mg
Potassium (mg):	212mg
Calcium (mg):	214mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	874IU

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	23mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	2

Vitamin A (r.e.):

262 1/2RE

Nutrition Facts

Amount Per Serving

Calories	333	Calories from Fat:	192
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% Daily Values*

Total Fat	21g	33%
Saturated Fat	14g	68%
Cholesterol	70mg	23%
Sodium	661mg	28%
Total Carbohydrates	22g	7%
Dietary Fiber	trace	0%
Protein	14g	
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Vitamin A		17%
Vitamin C		1%
Calcium		21%
Iron		11%

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