

Pineapple Cheese Dip

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 package (3 ounce) cream cheese,
softened
1 small can crushed pineapple,
drained
1 tablespoon curry powder
1 tablespoon lemon juice
sour cream

In a bowl, mix all of the ingredients thoroughly.

Thin the mixture with sour cream to the desired consistency.

Serve with crackers.

Per Serving (excluding unknown items): 984 Calories; 82g Fat (72.5% calories from fat); 19g Protein; 50g Carbohydrate; 4g Dietary Fiber; 255mg Cholesterol; 691mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 2 1/2 Fruit; 15 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	984
% Calories from Fat:	72.5%
% Calories from Carbohydrates:	19.8%
% Calories from Protein:	7.6%
Total Fat (g):	82g
Saturated Fat (g):	51g
Monounsaturated Fat (g):	23g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	255mg
Carbohydrate (g):	50g
Dietary Fiber (g):	4g
Protein (g):	19g
Sodium (mg):	691mg
Potassium (mg):	698mg
Calcium (mg):	252mg
Iron (mg):	5mg
Zinc (mg):	2mg
Vitamin C (mg):	31mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	54mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	2 1/2
Non-Fat Milk:	0
Fat:	15
Other Carbohydrates:	0

Vitamin A (i.u.): 3471IU
Vitamin A (r.e.): 1013 1/2RE

Nutrition Facts

Amount Per Serving

Calories 984 Calories from Fat: 714

% Daily Values*

Total Fat	82g	126%
Saturated Fat	51g	256%
Cholesterol	255mg	85%
Sodium	691mg	29%
Total Carbohydrates	50g	17%
Dietary Fiber	4g	16%
Protein	19g	
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Vitamin A		69%
Vitamin C		52%
Calcium		25%
Iron		30%

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