

Spinach Dip III

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

1 package chopped spinach, thawed
 1 package Knorr's vegetable soup mix
 1 cup sour cream
 1 cup mayonnaise
 1 small onion, finely chopped
 1 can water chestnuts, coarsely chopped
 1 small round loaf pumpernickel, unsliced
 raw vegetable sticks

In a bowl, mix the spinach, soup mix, sour cream, mayonnaise, onion and water chestnuts. Refrigerate overnight or for at least two hours before serving.

Cut the top off the pumpernickel loaf and scoop out the center leaving the crust.

Place the dip in the loaf and serve with raw vegetable sticks.

Per Serving (excluding unknown items): 2118 Calories; 235g Fat (94.3% calories from fat); 12g Protein; 20g Carbohydrate; 3g Dietary Fiber; 179mg Cholesterol; 1400mg Sodium. Exchanges: 2 Vegetable; 1/2 Non-Fat Milk; 25 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2118	Vitamin B6 (mg):	1.5mg
% Calories from Fat:	94.3%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	3.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.1%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	235g	Folacin (mcg):	121mcg
Saturated Fat (g):	56g	Niacin (mg):	1mg
Monounsaturated Fat (g):	64g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	93g	Alcohol (kcal):	0
Cholesterol (mg):	179mg	% Daily Value*	n n%
Carbohydrate (g):	20g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	12g	Lean Meat:	0
Sodium (mg):	1400mg	Vegetable:	2
Potassium (mg):	746mg	Fruit:	0

Calcium (mg): 359mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 17mg
Vitamin A (i.u.): 4448IU
Vitamin A (r.e.): 869 1/2RE

Non-Fat Milk: 1/2
Fat: 25 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2118 **Calories from Fat:** 1997

% Daily Values*

Total Fat	235g	362%
Saturated Fat	56g	280%
Cholesterol	179mg	60%
Sodium	1400mg	58%
Total Carbohydrates	20g	7%
Dietary Fiber	3g	11%
Protein	12g	

Vitamin A	89%
Vitamin C	29%
Calcium	36%
Iron	13%

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