

Spinach Dip in a Bread Bowl

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Yield: 3 1/4 cups

1 cup Miracle Whip®

1 cup sour cream

1 package (1.4 ounce) ranch salad dressing mix

1 package (10 ounce) frozen chopped spinach, thawed and well drained

1 can (8 ounce) water chestnuts, drained and chopped

1/2 cup chopped red pepper

1 loaf (1-1/2 pound) round sourdough bread

Preparation Time: 15 minutes

In a bowl, mix together the Miracle Whip, sour cream and salad dressing mix until well blended.

Add the spinach, water chestnuts and peppers. Mix well.

Chill.

Cut a slice from the top of the bread loaf. Remove the center leaving a one-inch-thick shell. Cut the removed bread into bite-size pieces.

Spoon the dip into the bread loaf just before serving. Serve with bread pieces and vegetable dippers.

Per Serving (excluding unknown items): 1723 Calories; 162g Fat (81.9% calories from fat); 21g Protein; 60g Carbohydrate; 14g Dietary Fiber; 182mg Cholesterol; 1979mg Sodium. Exchanges: 3 1/2 Vegetable; 1/2 Non-Fat Milk; 32 Fat; 2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1723	Vitamin B6 (mg):	.7mg
% Calories from Fat:	81.9%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	13.5%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	4.6%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	162g	Folacin (mcg):	569mcg
Saturated Fat (g):	46g	Niacin (mg):	2mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 2g
Cholesterol (mg): 182mg
Carbohydrate (g): 60g
Dietary Fiber (g): 14g
Protein (g): 21g
Sodium (mg): 1979mg
Potassium (mg): 1801mg
Calcium (mg): 773mg
Iron (mg): 9mg
Zinc (mg): 3mg
Vitamin C (mg): 113mg
Vitamin A (i.u.): 37116IU
Vitamin A (r.e.): 4071 1/2RE

Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 3 1/2
Fruit: 0
Non-Fat Milk: 1/2
Fat: 32
Other Carbohydrates: 2

Nutrition Facts

Amount Per Serving

Calories 1723 **Calories from Fat:** 1411

% Daily Values*

Total Fat 162g	249%
Saturated Fat 46g	231%
Cholesterol 182mg	61%
Sodium 1979mg	82%
Total Carbohydrates 60g	20%
Dietary Fiber 14g	55%
Protein 21g	
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Vitamin A	742%
Vitamin C	188%
Calcium	77%
Iron	53%

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