

Artichoke Hearts Casserole

Gourmet Eating in South Carolina - (1985)

1 can artichoke hearts, drained and chopped
2/3 cup mayonnaise
3 cups grated cheese (Colby or Cheddar)

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Preheat the oven to 350 degrees.

In a casserole, mix all of the ingredients.

Bake, uncovered, for 25 to 30 minutes.

Serve warm but not hot.

(Good on Melba rounds.)

Per Serving (excluding unknown items): 1083 Calories; 124g Fat (95.2% calories from fat); 5g Protein; 9g Carbohydrate; 5g Dietary Fiber; 51mg Cholesterol; 905mg Sodium. Exchanges: 1 1/2 Vegetable; 10 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1083	Vitamin B6 (mg):	.9mg
% Calories from Fat:	95.2%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	3.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	124g	Folacin (mcg):	54mcg
Saturated Fat (g):	17g	Niacin (mg):	1mg
Monounsaturated Fat (g):	33g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	60g	Alcohol (kcal):	0
Cholesterol (mg):	51mg	% Refuse:	n n%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	0
Protein (g):	5g	Lean Meat:	0
Sodium (mg):	905mg	Vegetable:	1 1/2
Potassium (mg):	347mg	Fruit:	0
Calcium (mg):	64mg	Non-Fat Milk:	0

Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 555IU
Vitamin A (r.e.): 96 1/2RE

Fat: 10 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	1083	Calories from Fat: 1031
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% Daily Values*

Total Fat	124g	190%
Saturated Fat	17g	86%
Cholesterol	51mg	17%
Sodium	905mg	38%
Total Carbohydrates	9g	3%
Dietary Fiber	5g	18%
Protein	5g	

Vitamin A	11%
Vitamin C	14%
Calcium	6%
Iron	10%

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