Creamy Spinach & Artichoke Dip

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Yield: 44 tablespoons

1 can (14 ounce) artichoke hearts, drained and finely chopped 1 package (10 ounce) frozen chopped spinach, thawed and well drained 1/4 cup grated Parmesan cheese 1/4 cup mayonnaise or salad dressing 1/2 cup 2% milk mozzarella cheese, shredded

1/2 teaspoon garlic powder

Preheat the oven to 350 degrees.

In a bowl, combine all of the ingredients.

Spoon the mixture into a nine-inch quiche dish or pie plate.

Bake for 20 minutes or until heated through.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 247 Calories; 8g Fat (23.9% calories from fat); 25g Protein; 29g Carbohydrate; 18g Dietary Fiber; 16mg Cholesterol; 789mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 5 1/2 Vegetable; 1/2 Fat.

Appetizers

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Calories (kcal):	247	Vitamin B6 (mg):	.8mg
% Calories from Fat:	23.9%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	41.3%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	34.8%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	8g	Folacin (mcg):	589mcg
Saturated Fat (g):	4g	Niacin (mg):	3mg
	•	Caffeine (mg):	0mg
Monounsaturated Fat (g):	2g	Alcohol (kcal):	0
Polyunsaturated Fat (g):	1g	% Pofuso	በ በ%
Cholesterol (mg):	16mg		
Carbohydrate (g):	29g	Food Exchanges	
Dietary Fiber (g):	18g	Grain (Starch):	0
Protein (g):	25g	Lean Meat:	1
Sodium (mg):	789mg	Vegetable:	5 1/2
Potassium (mg):	1804mg	Fruit:	0
Calcium (mg):	819mg	Non-Fat Milk:	0

Iron (mg):	11mg	Fat:	1/2
Zinc (mg):	3mg	Other Carbohydrates:	0
Vitamin C (mg):	119mg		
Vitamin A (i.u.):	35588IU		
Vitamin A (r.e.):	3583 1/2RE		

Nutrition Facts

Amount Per Serving				
Calories 247	Calories from Fat: 59			
	% Daily Values*			
Total Fat 8g Saturated Fat 4g Cholesterol 16mg Sodium 789mg Total Carbohydrates 29g Dietary Fiber 18g Protein 25g	12% 20% 5% 33% 10% 73%			
Vitamin A Vitamin C Calcium Iron	712% 199% 82% 59%			

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