



ARICHOKE-CHEESE SPREAD

Nutrition Facts Report
Source: Custom

Yield: 8 (1.000 serving(s))
No. Ingredients: 9

Category: Basic Food
Manufacturer: (None)

Ingredients

16.000 oz. Cream Cheese
0.250 c. Scallions, Green or Spring Onions
14.000 oz. PROGRESSO Artichoke Hearts, in Brine
1.000 c. Parmesan Cheese, Grated
2.000 item Garlic Clove
2.000 T. Olive Oil
1.000 T. Lemon Juice
0.500 t. Ground Red or Cayenne Pepper
4.500 oz. Mancini Peppers Red Roasted Sweet

Nutrition Facts

Serving Size 1.00 serving(s) (142g)

Amount Per Serving

Calories 287 **Calories from Fat** 231

% Daily Value

Total Fat 25.7g 40 %

Saturated Fat 13.1g 66 %

Trans Fat 0.0g

Cholesterol 71.2mg 24 %

Sodium 522.1mg 22 %

Total Carbohydrate 7.2g 2 %

Dietary Fiber 0.9g 4 %

Sugars 3.4g

Protein 7.7g

Vitamin A 17 % Calcium 17 %

Vitamin C 5 % Iron 2 %

Instructions