

Swiss Almond Hot Dip

This dip is especially good in the winter time since it is a heated dip. Dip is good served with the following: pita crisps, baguette slices, broccoli, cauliflower and asparagus.

1 8 oz pkg. cream cheese, fat-free (softened) 1/4 cup green onion chopped
1 1/2 cups Swiss cheese, (shredded, reduced-fat) 1/4 cup almonds (slivered, toasted)
1/3 cup mayonnaise (reduced calorie)

Procedure

1. In a pie plate or a ovenproof serving dish, combine softened cream cheese, Swiss cheese, mayonnaise and chopped green onions. 2. Bake at 350° for 15 minutes, stirring once during baking. 3. Top with slivered almonds and serve warm.

Servings: 8

Yield: 1 per

Degree of Difficulty: Very easy

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

Nutrition Facts

Serving size: 1/8 of a recipe (1.3 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 1500 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	124.81
Calories From Fat (66%)	82.48
% Daily Value	
Total Fat 9.3g	19%
Saturated Fat 4.63g	31%
Cholesterol 23.19mg	10%
Sodium 87.15mg	5%
Potassium 74.03mg	3%
Total Carbohydrates 2.14g	<1%
Fiber 0.59g	3%
Sugar 0.21g	
Protein 8.56g	23%

Recipe Type

Sauce

This recipe was downloaded (free) from www.recipesworld.org

Feel free to pass it around to your friends.