



KHB1231 • KHB2351

Hand Blender

INSTRUCTIONS

Mélangeur à main

INSTRUCTIONS

Licuada manual

INSTRUCCIONES



FOR THE WAY IT'S MADE.®

Welcome to the world of KitchenAid®

We're committed to helping you create a lifetime of delicious meals for family and friends. To help ensure the longevity and performance of your appliance, keep this guide handy. It will empower you with the best way to use and care for your product. Your satisfaction is our #1 goal. Remember to register your product online at www.kitchenaid.com, or by mail using the attached Product Registration Card.



USA: 1.800.541.6390
Canada: 1.800.807.6777
KitchenAid.com
KitchenAid.ca

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Replacement Warranty

Hassle-Free Replacement Warranty



We're so confident the quality of our products meets the exacting standards of KitchenAid® that, if your Hand Blender should fail within the first year of ownership, KitchenAid will arrange to deliver an identical or comparable replacement to your door free of charge and arrange to have your "failed" Hand Blender returned to us. Your replacement unit will also be covered by our one year full warranty. Please follow these instructions to receive this quality service.

If you reside in the 50 United States and your KitchenAid® Hand Blender should fail within the first year of ownership, simply call our toll-free Customer Satisfaction Center at **1-800-541-6390**, 8 a.m. to 8 p.m., Monday through Friday, Eastern Time. Give the consultant your complete shipping address. (No P.O. Box Numbers, please.) When you receive your replacement Hand Blender, use the carton and packing materials to pack-up your "failed" Hand Blender. In the carton, include your name and address on a sheet of paper along with a copy of the proof of purchase (register receipt, credit card charge slip, etc.). For a detailed explanation of warranty terms and conditions, including how to arrange for service outside the United States.

Proof of Purchase & Product Registration

Always keep a copy of the sales receipt showing the date of purchase of your Hand Blender. Proof of purchase will assure you of in-warranty service. Before you use your Hand Blender, please fill out and mail your product registration card packed with the unit. This card will enable us to contact you in the unlikely event of a product safety notification and assist us in complying with the provisions of the Consumer Product Safety Act. This card does not verify your warranty. Please complete the following for your personal records:

Model Number _____

Serial Number _____

Date Purchased _____

Store Name _____

Your safety and the safety of others are very important.

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.



This is the safety alert symbol.

This symbol alerts you to potential hazards that can kill or hurt you and others.

All safety messages will follow the safety alert symbol and either the word "DANGER" or "WARNING." These words mean:

 **DANGER**

You can be killed or seriously injured if you don't immediately follow instructions.

 **WARNING**

You can be killed or seriously injured if you don't follow instructions.

All safety messages will tell you what the potential hazard is, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

IMPORTANT SAFEGUARDS

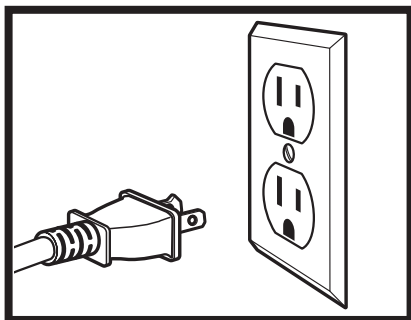
When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. To protect against risk of electrical shock do not put motor body, cord or electrical plug of this Hand Blender in water or other liquid.
3. This appliance should not be used by children and care should be taken when used near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest Authorized Service Facility for examination, repair or electrical or mechanical adjustment.
7. The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
8. Be certain chopper adapter is securely locked in place before operating appliance.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter.
11. Do not let cord contact hot surfaces, including the stove.
12. When mixing liquids, especially hot liquids, use a tall container or make small quantities at a time to reduce spillage.
13. Keep hands and utensils out of the container while blending to prevent the possibility of severe injury to persons or damage to the unit. A scraper may be used, but must be used only when the unit is not running.
14. Blades are sharp. Handle carefully.
15. This product is designed for household use only.

SAVE THESE INSTRUCTIONS

Hand Blender Safety

Electrical Requirements



Models KHB1231 & KHB2351:

Volts: 120 V.A.C.

Hertz: 60 Hz

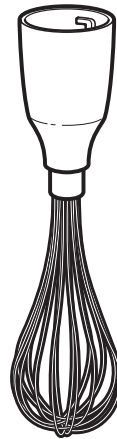
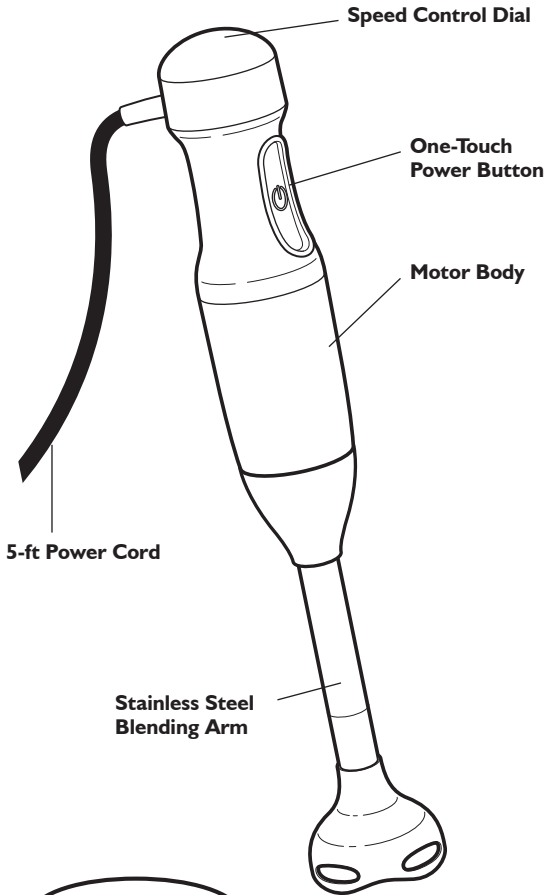
NOTE: Models KHB1231 & KHB2351 have a polarized plug (one blade is wider than the other). To reduce the risk of electrical shock, this plug will fit in an outlet only one way. If the plug does not fit in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

If a long extension cord is used:

- The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
- The cord should be arranged so it will not drape over the counter top or tabletop where it can be pulled by children or tripped over unintentionally.

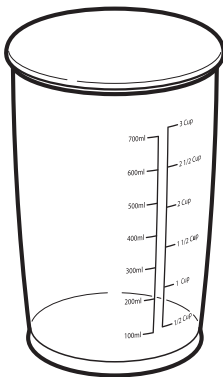
Hand Blender Features



**Whisk Attachment
(KHB2351 only)**



**Chopper Attachment
(KHB2351 only)**



Blending Jar and Lid



**Storage Bag
(KHB2351 only)**

Hand Blender Features

Speed Control

Provides easy adjustment of speed.

One-Touch Power Button

Located on the front of the motor body and activated by pressing and holding during blending. To stop blending, simply release the power button.

Motor Body

Designed for a comfortable, non-slip grip.

Powerful DC Motor (not shown)

Provides powerful blending action and is designed for quiet, long-life operation.

Twist Lock Stainless Steel

Blending Arm

Simply seats onto the motor body and is rotated to lock together. The sharp stainless steel blade is covered to help prevent splashing while blending.

5-ft. Power Cord

Long enough to take the Hand Blender to the cooktop or work area and rounded with no grooves for easy clean up.

(Model KHB235I includes Silicone strap for power cord.)

3 Cup BPA Free Blending Jar

is handy for individual blending jobs and features a non-slip base. Lid seals the top of the jar to store blended ingredients.

Whisk Attachment and Adapter

(Model KHB235I only)

Optimized for whipping egg whites and whipping cream. The Whisk attachment utilizes the same twist on and lock mounting system as the other attachments.

Chopper Attachment

(Model KHB235I only)

Perfect for small chopping jobs like herbs, nuts and vegetables. Chopper includes a bowl, blade, and chopper adapter.

The chopper has a non-slip base on the bottom of the bowl to prevent movement of the entire attachment during chopping process.


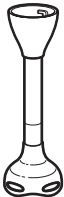



Storage Bag

(Model KHB235I only) Cotton Twill drawstring bag is designed with three pockets to store the Hand Blender motor body, the stainless steel blending attachment, and the whisk attachment. Storage bag is machine washable.



Storage Bag
(Model KHB235I only)

Models and Accessories

Accessory		Included with Model	
		KHB1231	KHB2351
3 Cup BPA-Free Blending Jar with Lid		*	*
Twist Lock Stainless Steel Blending Arm		*	*
Chopper Attachment ¹			*
Whisk			*
Storage Bag			*

¹ **NOTE:** Chopper Attachment only works with model KHB2351

* Indicates accessory that is included with model listed.

Ordering Accessories and Replacement Parts

To order accessories or replacement parts for your Hand Blender, call toll-free **1-800-541-6390**, 8 a.m. to 8 p.m., Monday through Friday, Eastern Time or visit: **KitchenAid.com**

Operating Your Hand Blender

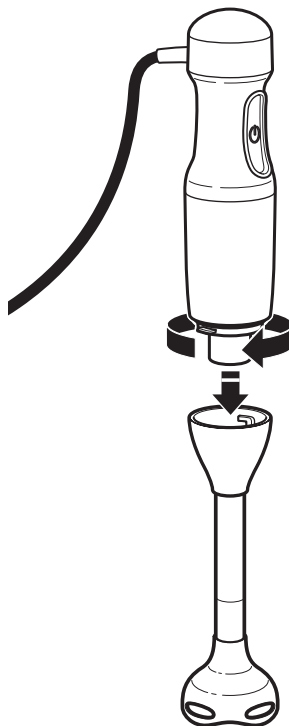
Assembling Your Hand Blender

Before using the KitchenAid® Hand Blender for the first time, wipe the motor body and attachment adapters with a clean, damp cloth to remove any dirt or dust. Mild dish soap may be used, but do not use abrasive cleansers.

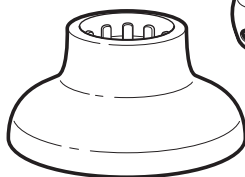
NOTE: Do not immerse the motor body or the adapters in water.

Dry with a soft cloth. Wash all the attachments and accessories by hand or in the dishwasher. Dry thoroughly.

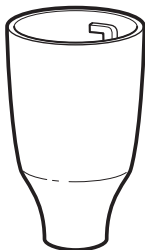
NOTE: Always be sure to unplug the power cord from the wall socket before attaching or removing attachments.



Blending Arm Attachment



Chopper Adapter



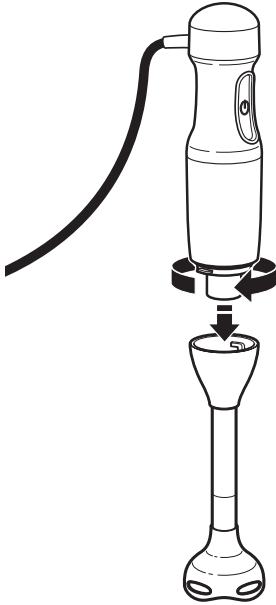
Whisk Adapter

Operating Your Hand Blender

Using the Twist Lock Blending Arm

Use the Blending Arm attachment for smoothies, milk shakes, soup, cooked vegetables, frosting, or baby food.

1. Insert Blending Arm attachment into motor body and twist to lock.



2. Plug the electrical cord into an electrical wall socket.
3. Set Hand Blender on Speed I. Adjust the speed by turning the speed control dial on top of the Hand Blender.
4. Insert the Hand Blender into the mixture.

NOTE: Hand Blender should only be immersed in liquids the length of the attachment. Do not submerge beyond the seam of the blending attachment. Do not immerse the motor body into liquids or other mixtures.

5. Press the Power button to activate the Hand Blender.
6. When blending is complete, release the power button before removing Hand Blender from the mixture.
7. Unplug immediately after use, before removing or changing attachments.

Insert Hand Blender with Blending Arm attached into the jar containing ingredients at an angle. Use your free hand to cover the top of the blending jar for better stability and avoid splattering. Remember to stop the Hand Blender before removing it from the jar to avoid splashing.

Blending



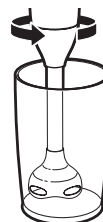
Rest the Hand Blender on the bottom of the jar momentarily then hold at an angle and slowly draw it upwards against the side of the jar. As the Hand Blender is drawn up you will notice the ingredients from the bottom of the jar being drawn up. When the ingredients are no longer being drawn up from the bottom, return the Hand Blender to the bottom of the jar and repeat the process until the ingredients are at the desired consistency.

Drawing up



Using a light circular motion from your wrist, draw the Hand Blender up slightly and let it fall again into the ingredients. Allow your wrist motion and the weight of the Hand Blender to do the work.

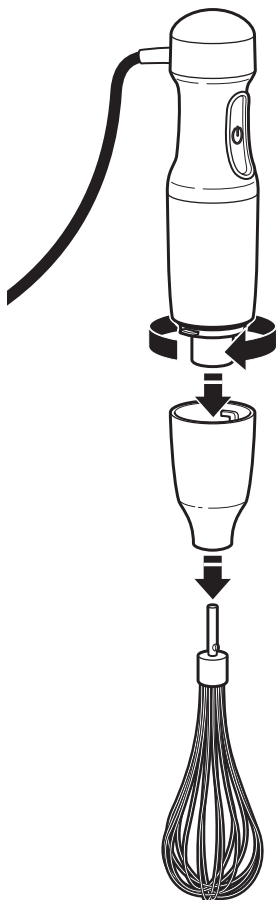
Wrist movement



Using the Whisk Attachment

(Included with Model KHB235 I)

Use the Whisk to whip cream, beat egg whites, mix instant puddings, vinaigrettes, mousse, or making mayonnaise.



1. Insert the Whisk into the Whisk Adapter.
2. Insert the Whisk Adapter into the motor body and twist to lock. Adapter automatically adjusts the whisk to the proper range of speeds appropriate for whipping.
3. Plug the electrical cord into an electrical wall socket.
4. Start Hand Blender on Speed 1. Adjust the speed by rotating the Speed Control Dial on top of the Hand Blender.

5. Insert the Hand Blender into the mixture.

The stainless steel whisk may scratch or mar non-stick coatings; avoid using the whisk in non-stick cookware.

NOTE: Hand Blender should only be immersed in liquids the length of the attachment. Do not submerge beyond the seam of the whisk adapter. Do not immerse the motor body into liquids or other mixtures.

To prevent splattering and splash-out, use the Whisk attachment in deep containers or pans.

6. Press the Power button to activate the Hand Blender.
7. When whisking process is complete, release the Power button before removing Hand Blender from the mixture.
8. Unplug immediately after use, before removing or changing attachments.

Using the Chopper Attachment

(Included with Model KHB235 I)

⚠ WARNING

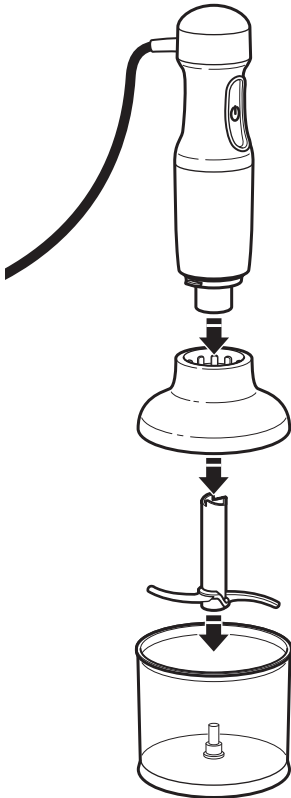
Cut Hazard

Handle blades carefully.

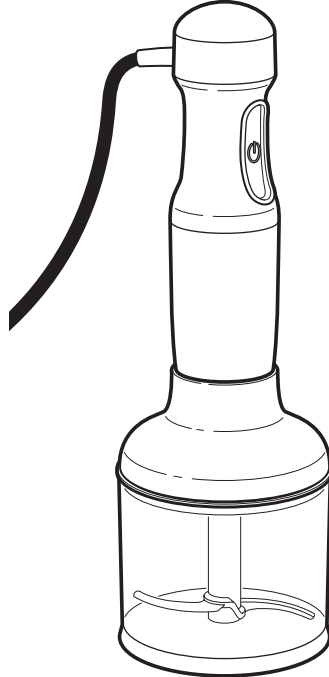
Failure to do so can result in cuts.

Use the Chopper attachment to chop small amounts of food such as cooked meat, cheese, vegetables, herbs, crackers, bread, and nuts.

1. Insert the Chopper blade into the Chopper bowl.



2. Add small pieces of foods to the bowl.
3. Insert the Chopper attachment into the Chopper bowl.
4. Align the Chopper bowl with the motor body and press together.
5. Hold the motor body with one hand and the Chopper bowl with the other while processing.



6. Press the Power button to activate Hand Blender. For best results, “pulse” the power by pressing and releasing the Power button until ingredients reach the desired consistency.
7. When chopping is complete, release the Power button.
8. Remove motor body from Chopper attachment.
9. Unplug immediately after use, before removing or changing attachments.

Operating Your Hand Blender

Using the Chopper Attachment (cont.)

(Included with Model KHB2351)

Chopper Processing Guide				
Food	Quantity	Preparation	Speed	Time*
Meats	200 g / 7 oz	Cut into 2 cm / $\frac{3}{4}$ " Cubes	3	15 Seconds
Almonds/Nuts	200 g / 7 oz	Place in Whole Nuts	2	25 Seconds
Garlic	10–12 Cloves	Place in Whole Cloves	2	15 Seconds
Onions	100 g / 3.5 oz	Cut into Quarters	2	15 Seconds
Cheese	100 g / 3.5 oz	Cut into 1 cm / $\frac{3}{8}$ " Cubes	3	30 Seconds
Hard Boiled Eggs	2	Place in Whole Eggs	3	3 Pulses
Carrots	200 g / 7 oz	Cut Average Carrot into Quarters	2	15 Seconds
Herbs	50 g / 2 oz	Remove Stalks	3	15 Seconds

* Processing times and speeds are approximate.

Actual usage may vary depending on quality of food and desired chop size.

Operating Tips

- Cut solid foods into small pieces for easier blending or chopping.
- The Hand Blender is equipped with thermal protection from high operating temperatures. Should the Hand Blender suddenly stop during use, unplug it and allow 10 minutes to automatically reset.
- To avoid splashing, insert the Hand Blender into the mixture before pressing the power button, and release the power button before pulling the Hand Blender out of the mixture.
- When blending in a saucepan on a cooktop, remove the pan from the heating element to protect the Hand Blender from overheating.
- For best blending, hold the Hand Blender at an angle and gently move up and down within the container. Do not pound down on the mixture with the Hand Blender.
- To prevent overflow, allow room in the container for the mixture to rise when using the Hand Blender.
- Be sure the extra long cord of the Hand Blender is not extending over a hot heating element.
- Do not let the Hand Blender sit in a hot pan on the cooktop while not in use.
- Remove hard items, such as fruit pits or bones, from the mixture before blending or chopping to help prevent damage to the blades.
- Do not use your Hand Blender to process coffee beans or hard spices such as nutmegs. Processing these foods could damage the blades of the Hand Blender.
- Do not use the jar or the chopper bowl in the microwave oven.
- The stainless steel whisk may scratch or mar non-stick coatings; avoid using the whisk in non-stick cookware.
- To prevent splattering, use the whisk attachment in deep containers or pans.

Care and Cleaning

1. Unplug Hand Blender before cleaning.
2. Remove the adapters and attachments by twisting (see "Operating Your Hand Blender" section)
3. Wipe the motor body and adapters with a damp cloth. Mild dish soap may be used, but do not use abrasive cleansers.
4. Wipe power cord with warm, sudsy cloth; then wipe clean with damp cloth. Dry with soft cloth.

NOTE: Do not immerse the motor body or the adapters in water.

Hand Blender Accessories and Attachments


Wash blending attachment, jar and lid, whisk, chopper bowl, blade, and non-skid base in hot, soapy water, or in the top rack of the dishwasher. Dry thoroughly.

Storage Bag

The included drawstring storage bag (Model KHB2351 only) is designed with three unique compartments to conveniently store the Hand Blender motor body and cord, the blending attachment, and the whisk attachment. The durable, cotton twill bag is machine washable.

KitchenAid® Hand Blender Warranty for the 50 United States, the District of Columbia, and Canada

This warranty extends to the purchaser and any succeeding owner for Hand Blenders operated in the 50 United States, the District of Columbia, and Canada.

Length of Warranty:	One Year Full Warranty from date of purchase.
KitchenAid Will Pay for Your Choice of: 	Hassle-Free Replacement of your Hand Blender. See the next page for details on how to arrange for service, or call the Customer Satisfaction Center toll-free at 1-800-541-6390 . OR The replacement parts and repair labor costs to correct defects in materials and workmanship. Service must be provided by an Authorized KitchenAid Service Center. See the KitchenAid® Hand Blender Warranty for Puerto Rico on for details on how to arrange for service.
KitchenAid Will Not Pay for:	<ol style="list-style-type: none"> A. Repairs when Hand Blender is used in other than normal single family home use. B. Damage resulting from accident, alteration, misuse or abuse. C. Any shipping or handling costs to deliver your Hand Blender to an Authorized Service Center. D. Replacement parts or repair labor costs for Hand Blender operated outside the 50 United States and District of Columbia.
<p>DISCLAIMER OF IMPLIED WARRANTIES; LIMITATION OF REMEDIES IMPLIED WARRANTIES, INCLUDING TO THE EXTENT APPLICABLE WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, ARE EXCLUDED TO THE EXTENT LEGALLY PERMISSIBLE. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO ONE YEAR, OR THE SHORTEST PERIOD ALLOWED BY LAW. SOME STATES AND PROVINCES DO NOT ALLOW LIMITATIONS OR EXCLUSIONS ON HOW LONG AN IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS LASTS, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU.</p> <p>IF THIS PRODUCT FAILS TO WORK AS WARRANTED, CUSTOMER'S SOLE AND EXCLUSIVE REMEDY SHALL BE REPAIR OR REPLACEMENT ACCORDING TO THE TERMS OF THIS LIMITED WARRANTY. KITCHENAID AND KITCHENAID CANADA DO NOT ASSUME ANY RESPONSIBILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. This warranty gives you specific legal rights and you may also have other rights which vary from state to state or province to province.</p>	

KitchenAid® Hand Blender Warranty for Puerto Rico

A limited one year warranty extends to the purchaser and any succeeding owner for Hand Blenders operated in Puerto Rico. During the warranty period, all service must be handled by an Authorized KitchenAid Service Center. Please bring the Hand

Blender, or ship it prepaid and insured, to the nearest Authorized Service Center. Call toll-free **1-800-541-6390** to learn the location of a Service Center near you. Your repaired Hand Blender will be returned to you prepaid and insured.

Hassle-Free Replacement Warranty – 50 United States and District of Columbia

We're so confident the quality of our products meets the exacting standards of KitchenAid® that, if your Hand Blender should fail within the first year of ownership, KitchenAid will arrange to deliver an identical or comparable replacement to your door free of charge and arrange to have your original Hand Blender returned to us. Your replacement unit will also be covered by our one year limited warranty. Please follow these instructions to receive this quality service.

If your Hand Blender should fail within the first year of ownership, simply call our

toll-free Customer Satisfaction Center at **1-800-541-6390** Monday through Friday, 8 a.m. to 8 p.m. (Eastern Time), or Saturday, 10 a.m. to 5 p.m. Give the consultant your complete shipping address. (No P.O. Box numbers, please.)

When you receive your replacement Hand Blender, use the carton and packing materials to pack up your original Hand Blender. In the carton, include your name and address on a sheet of paper along with a copy of the proof of purchase (register receipt, credit card slip, etc.).

Hassle-Free Replacement Warranty – Canada

We're so confident the quality of our products meets the exacting standards of the KitchenAid® brand that, if your Hand Blender should fail within the first year of ownership, KitchenAid Canada will replace your Hand Blender with an identical or comparable replacement. Your replacement unit will also be covered by our one year limited warranty. Please follow these instructions to receive this quality service.

If your Hand Blender should fail within the first year of ownership, take the Hand Blender or ship collect to an Authorized KitchenAid Service Centre. In the carton

include your name and complete shipping address along with a copy of the proof of purchase (register receipt, credit card slip, etc.). Your replacement Hand Blender will be returned prepaid and insured. If you are unable to obtain satisfactory service in this manner call our toll-free Customer Interaction Centre at **1-800-807-6777**.

Or write to us at:
Customer Interaction Centre
KitchenAid Canada
1901 Minnesota Court
Mississauga, ON L5N 3A7

Arranging for Service after the Warranty Expires, or Ordering Accessories and Replacement Parts

In the United States and Puerto Rico:

For service information, or to order accessories or replacement parts, call toll-free at **1-800-541-6390** or write to:
Customer Satisfaction Center,
KitchenAid Portable Appliances,
P.O. Box 218, St. Joseph, MI 49085-0218

Outside the United States and Puerto Rico:

Consult your local KitchenAid dealer or the store where you purchased the Hand Blender for information on how to obtain service.

For service information in Canada:

Call toll-free **1-800-807-6777**.

Or write to:
Customer Interaction Centre
KitchenAid Canada
1901 Minnesota Court
Mississauga, ON L5N 3A7

Cream Cheese Frosting

- 1 package (8 oz.) cream cheese, softened*
- 1/4 cup butter or margarine, softened*
- 1/2 teaspoon vanilla*
- 1/8 teaspoon salt*
- 3-3³/₄ cups powdered sugar*

In deep, narrow bowl, place cream cheese, butter, vanilla, and salt. Insert blending attachment into motor body. Blend at Speed 1-2[†] for 15 to 20 seconds, or until smooth. Add 3 cups powdered sugar. Blend at Speed 2-3[†] for 30 to 40 seconds, or until mixed, adding additional powdered sugar if necessary and scraping bowl as needed.

Yield: 12 to 16 servings (frosting for 2-layer or 13x9x2-inch cake).

Per Serving: About 220 cal, 1 g pro, 30 g carb, 10 g total fat, 7 g sat fat, 30 mg chol, 80 mg sod.

VARIATION

Orange Cream Cheese Frosting

Substitute 1 1/2 teaspoons grated orange peel for vanilla.

Yield: 12 to 16 servings (frosting for 2-layer or 13x9x2-inch cake).

Per Serving: About 220 cal, 1 g pro, 30 g carb, 10 g total fat, 7 g sat fat, 30 mg chol, 80 mg sod.

Vanilla Buttercream Frosting

- 3/4 cup butter or margarine, softened*
- 1/8 teaspoon salt*
- 3 1/2 cups powdered sugar*
- 1 teaspoon vanilla*
- 2-3 1/2 tablespoons milk or half-and-half*

In deep, narrow bowl, place butter, salt, powdered sugar, vanilla, and 2 tablespoons milk. Insert blending attachment into motor body. Blend at Speed 2 for 30 seconds. Increase to Speed 2-3[†]; blend 15 to 25 seconds, or until creamy, adding additional milk if necessary and scraping bowl as needed.

Yield: 12 to 16 servings (frosting for 2-layer or 13x9x2-inch cake).

Per Serving: About 240 cal, 0 g pro, 35 g carb, 11 g total fat, 7 g sat fat, 30 mg chol, 25 mg sod.

VARIATION

Chocolate Buttercream Frosting

Add 2 ounces unsweetened chocolate, melted and cooled, to prepared Vanilla Buttercream Frosting. Blend at Speed 2 for 20 to 25 seconds, or until well mixed.

Yield: 12 to 16 servings (frosting for 2-layer or 13x9x2-inch cake).

Per Serving: About 260 cal, 1 g pro, 36 g carb, 14 g total fat, 9 g sat fat, 30 mg chol, 30 mg sod.

Chicken and Rice Baby Food

- 1 chicken thigh
- 1½ cups reduced-sodium chicken broth or water
- 3 tablespoons uncooked long grain rice

Remove bone, any cartilage, and excess skin from chicken. In small saucepan, place chicken, broth, and rice. Bring to a boil; reduce heat to simmer. Cover and cook 20 minutes, or until chicken is thoroughly cooked, juices run clear, and rice is tender. Remove chicken; cool slightly.

Remove remaining skin or cartilage from chicken; cut into 1-inch pieces. Place chicken and rice mixture in blending beaker. Insert blending attachment into motor body. Blend at Speed 1 for 10 seconds, or until chopped. Increase to Speed 2-3[†]; blend 15 to 20 seconds, or until desired consistency, adding additional liquid if necessary.

Yield: 4 servings (¼ cup per serving). Baby food may be frozen for later use.

Per Serving: About 70 cal, 5 g pro, 8 g carb, 2 g total fat, 0.5 g sat fat, 15 mg chol, 45 mg sod.

Applesauce to Zucchini Baby Food

- 2 cups peeled and chopped fruit or vegetables (apples, pears, peaches, carrots, squash, green beans, etc.)
- ⅔ cup water, broth, or juice

In medium saucepan, place fruit or vegetables and water. Bring to a boil; reduce heat to simmer. Cover and cook 10 to 30 minutes, or until very tender, adding additional water if needed.

(Time will vary with type of food.) Cool slightly.

In blending jar, place 1 to 2 tablespoons of cooking liquid and fruit or vegetables. Insert blending attachment into motor body. Blend at Speed 2 until chopped, about 10 seconds. Increase to Speed 2-3[†]; blend until desired consistency, adding additional cooking liquid if necessary.

Yield: 4 servings (¼ cup per serving). Baby food may be frozen for later use.

Per Serving: About 30 cal, 0 g pro, 7 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 20 mg sod.

[†] Model KHB235I only

Hot Fudge Sauce

- 1/2 cup sugar*
- 1/3 cup unsweetened cocoa powder*
- 1/8 teaspoon salt*
- 3/4 cup whipping cream*
- 6 squares (1 oz. each) bittersweet chocolate*
- 6 tablespoons butter or margarine, cut into chunks*
- 1 tablespoon light corn syrup*
- 1 teaspoon vanilla*

In blending jar, combine sugar, cocoa, and salt; set aside. In small saucepan, place cream, chocolate, and butter. Heat and stir over medium-low heat until chocolate is melted and mixture is smooth, about 5 minutes. Add chocolate mixture, corn syrup, and vanilla to cocoa mixture in blending beaker. Insert blending attachment into motor body. Blend at Speed 1 for 5 seconds. Increase to Speed 2-3[†]; blend 15 to 25 seconds, or until smooth. Serve over ice cream, strawberries, or pound cake. Store covered in refrigerator.

Yield: 16 servings (2 tablespoons per serving).

Per Serving: About 170 cal, 1 g pro, 15 g carb, 12 g total fat, 8 g sat fat, 25 mg chol, 25 mg sod.

VARIATION

Hot Fudge Mint Sauce

Substitute 1 1/2 teaspoons mint extract for vanilla.

Yield: 16 servings (2 tablespoons per serving).

Per Serving: About 170 cal, 1 g pro, 15 g carb, 12 g total fat, 8 g sat fat, 25 mg chol, 25 mg sod.

Southern Sweet Potato Bake

- 3 pounds sweet potatoes or yams (about 3 to 4 large), washed and cut into quarters*
- 1 small onion, peeled and cut into wedges*

Water

- 1 recipe Pecan Streusel Topping*
- 1/2 cup butter or margarine, softened*
- 1/3 cup packed brown sugar*
- 1 tablespoon grated orange peel, if desired*
- 1/2 teaspoon salt*
- 1 teaspoon cinnamon*
- 1/4 teaspoon nutmeg, if desired*
- 1/2 cup fresh orange juice*
- 3 eggs*

In large pot, place potatoes, onion, and enough water to cover vegetables. Bring to a boil. Reduce heat; simmer, covered, 20 to 25 minutes, or until potatoes are very tender.

Meanwhile, prepare Pecan Streusel Topping as directed; set aside.

Drain potato mixture well; cool slightly. Discard onion; peel potatoes and return to pot. Add butter, brown sugar, orange peel (if desired), salt, cinnamon, and nutmeg (if desired), to potatoes.

Insert blending attachment into motor body. Blend at Speed 1-2[†] for 20 to 30 seconds, or until mixed.

Add orange juice and eggs; blend at Speed 1-2[†] for 15 to 20 seconds, or until mixed. Pour into greased 11x7x2-inch baking pan.

Top with Pecan Streusel Topping. Bake at 350°F for 45 to 55 minutes, or until puffed and knife inserted in center comes out clean.

Yield: 12 servings (1/2 cup per serving).

Per Serving: About 270 cal, 4 g pro, 31 g carb, 15 g total fat, 7 g sat fat, 80 mg chol, 170 mg sod.

Orange Banana-Berry Smoothie

- 1 large banana, peeled and broken into quarters
- $\frac{1}{2}$ cup hulled, halved strawberries
- $\frac{1}{4}$ cup orange juice
- 1 teaspoon honey, if desired

In blending jar, place ingredients. Insert blending attachment into motor body. Blend at Speed 1 for 3 to 5 seconds to chop. Increase to Speed 2-3[†]; blend using an up and down motion about 10 seconds, or until smooth.

Yield: 1 serving.

Per Serving: About 180 cal, 2 g pro, 44 g carb, 1 g total fat, 0 g sat fat, 0 mg chol, 0 mg sod.

Raspberry-Peach Smoothie

- $\frac{1}{2}$ cup fresh or frozen, unsweetened raspberries, partially thawed
- 1 cup sliced fresh or frozen, thawed peaches*
- $\frac{1}{2}$ cup milk
- 2 tablespoons sugar
- $\frac{1}{8}$ teaspoon nutmeg, if desired

In blending jar, place ingredients. Insert blending attachment into motor body. Blend at Speed 2 using an up and down motion about 10 seconds, or until smooth.

Yield: 2 servings ($\frac{3}{4}$ cup per serving).

* Substitute 1 cup sliced canned peaches, drained, if desired.

Per Serving: About 210 cal, 3 g pro, 49 g carb, 1.5 g total fat, 1 g sat fat, 5 mg chol, 40 mg sod.

Double Chocolate Malt

- 1 cup chocolate ice cream
- $1\frac{1}{2}$ -2 tablespoons malt powder
- 3 tablespoons milk
- 2 tablespoons Hot Fudge Sauce*

In blending jar, place ingredients. Insert blending attachment into motor body. Blend at Speed 2-3[†] for 10 to 20 seconds, or until smooth.

Yield: 1 serving.

*Prepared hot fudge topping may be substituted.

Per Serving: About 610 cal, 11 g pro, 78 g carb, 30 g total fat, 18 g sat fat, 85 mg chol, 300 mg sod.

[†] Model KHB235 I only

Candy Ice Cream Freeze

- 1 cup vanilla or chocolate ice cream
- 3 tablespoons milk
- 1/4 cup chopped candy or cookies*

In blending jar, place ice cream and milk. Insert blending attachment into motor body. Blend at Speed 2-3[†] for 5 seconds. Add candy pieces; blend at Speed 2 using an up and down motion for 10 to 15 seconds, or until smooth.

Yield: 1 serving.

* Try chocolate-coated caramel-peanut nougat bar, chocolate-covered peanut butter cups, or other favorites.

Per Serving: About 490 cal, 10 g pro, 59 g carb, 26 g total fat, 13 g sat fat, 65 mg chol, 240 mg sod.

Mocha Frappé

- 1 1/2 cups milk
- 2 tablespoons instant coffee granules
- 1/3 cup Hot Fudge Sauce
- 1-1 1/2 cups ice cubes

In blending jar, place all ingredients except ice. Insert blending attachment into motor body. Blend at Speed 1-2[†] for 3 to 5 seconds to mix. Add ice cubes; blend at Speed 2-3[†] using an up and down motion for 10 to 15 seconds, or until smooth and frosty.

Yield: 3 servings (1 cup per serving).

* Chocolate syrup may be substituted.

Per Serving: About 220 cal, 6 g pro, 20 g carb, 13 g total fat, 8 g sat fat, 35 mg chol, 90 mg sod.

Hearty Mixed Grain Pancakes

- 1 egg
- 1 cup milk
- 1 tablespoon vegetable oil
- 2/3 cup all-purpose flour
- 1/4 cup whole wheat flour
- 3 tablespoons cornmeal
- 3 tablespoons sunflower seeds
- 3 tablespoons rolled oats
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1/4 teaspoon cinnamon
- 1/2 teaspoon salt

In blending jar, place egg, milk, and oil. Insert blending attachment into motor body. Blend at Speed 1 for 5 seconds to mix. Add remaining ingredients. Blend at Speed 1 using an up and down motion about 10 seconds, or until mixed.

Heat greased griddle to medium; pour batter onto griddle for individual pancakes. Cook until bubbles form on surface and edges begin to dry. Turn; cook until underside is light golden brown.

Yield: About 4 servings (two, 4-inch pancakes per serving).

Per Serving: About 260 cal, 10 g pro, 36 g carb, 10 g total fat, 2 g sat fat, 60 mg chol, 440 mg sod.

Creamy Caesar Salad Dressing

- 1 large clove garlic, peeled and halved*
- 1/4 cup fresh lemon juice*
- 1 pasteurized egg*
- 1 teaspoon sugar*
- 1/2 teaspoon salt*
- 1/2 teaspoon Worcestershire sauce*
- 1/4 teaspoon coarsely ground black pepper*
- 1 inch anchovy paste or 1/2 fillet anchovy, if desired*
- 1 1/4 cups extra virgin olive or vegetable oil*
- 1/2 cup shredded Parmesan cheese*

In blending jar, place all ingredients except oil and cheese. Insert blending attachment into motor body. Blend at Speed 1 for 10 to 15 seconds, or until garlic is finely chopped. Gradually add oil and cheese while blending at Speed 1 for 20 to 25 seconds, or until blended and creamy. Serve tossed with romaine lettuce, if desired.

Yield: 12 servings (2 tablespoons per serving).

Per Serving: About 230 cal, 2 g pro, 1 g carb, 25 g total fat, 4 g sat fat, 20 mg chol, 210 mg sod.

Fresh Herb Vinaigrette

- 1/3 cup white wine vinegar*
- 2 tablespoons coarsely torn fresh basil leaves*
- 1 teaspoon fresh oregano leaves*
- 1/2 teaspoon fresh rosemary leaves*
- 1/2 teaspoon sugar*
- 1/4 teaspoon salt*
- 1/8 teaspoon black pepper*
- 1 small clove garlic, peeled*
- 1 cup extra virgin olive or vegetable oil*

In blending jar, place all ingredients except oil. Insert blending arm attachment into motor body. Blend at Speed 2 for 10 to 15 seconds, or until herbs and garlic are finely chopped. Gradually add oil while blending at Speed 1 for 10 to 15 seconds, or until well mixed. Serve with mixed greens.

Yield: 10 servings (2 tablespoons per serving).

Per Serving: About 200 cal, 0 g pro, 0 g carb, 22 g total fat, 3 g sat fat, 0 mg chol, 60 mg sod.

Fresh Tomato Basil Soup

- 1 medium carrot, peeled and cut into 1-inch pieces*
- 1 rib celery, cut into 1-inch pieces*
- 1 small onion, peeled and cut into 1-inch pieces*
- 6 tablespoons butter or margarine*
- 1 can (14 oz.) chicken or vegetable broth*
- 1 can (11.5 oz.) tomato juice*
- 4 tomatoes, peeled, cored, seeded,* and cut into quarters*
- 1/4 teaspoon salt*
- 1/4 teaspoon white pepper*
- 1/4 - 1/3 cup torn, loosely packed fresh basil leaves*

In chopper attachment bowl with blade, place carrot, celery, and onion. Insert chopper adapter into motor body and lock adapter onto bowl. Chop at Speed 1 for 10 seconds, or until finely chopped. Set aside.

In medium saucepan over medium heat, melt butter. Add chopped vegetable mixture. Cook and stir 10 to 15 minutes, or until tender. Add broth, tomato juice, and tomatoes. Bring to a boil. Reduce heat; cover and simmer 10 to 15 minutes, or until tomatoes are soft. Remove from heat. Add salt, white pepper, and basil. Insert blending attachment into motor body. Blend at Speed 1 for 10 to 20 seconds, or until basil is chopped and tomatoes are desired consistency. Serve hot or cold.

Yield: 6 servings (1 cup per serving).

* Dip tomatoes in boiling water 30 to 60 seconds to loosen peels. Cool under running water. Core and remove peel. Cut in half crosswise, and scoop or shake out seeds.

Per Serving: About 140 cal, 2 g pro, 8 g carb, 12 g total fat, 7 g sat fat, 30 mg chol, 510 mg sod.

Pan Gravy

- 1/4 cup pan drippings, butter or oil*
- 1/3 cup all-purpose flour*
- 1/2 teaspoon salt*
- 1/2 teaspoon dried marjoram or sage, if desired*
- 1/4 teaspoon black pepper*
- 2 cups chicken or beef broth**

Insert whisk into whisk adapter and adapter into motor body; set aside. In large saucepan, heat drippings over medium heat. Blend in flour; cook until golden, stirring occasionally. Stir in salt, marjoram, if desired, and pepper.

Remove pan from heat; gradually add broth while whisking at Speed 1 for 10 to 20 seconds, or until smooth. Return pan to heat; cook 3 to 4 minutes, or until thickened and bubbly, whisking as needed to stir. Serve with mashed potatoes, noodles, and/or roasted poultry, beef, or pork.

Yield: 8 servings (1/4 cup per serving).

* For creamier gravy, substitute 1 cup milk or half-and-half for 1 cup broth.

Per Serving: About 50 cal, 5 g pro, 4 g carb, 1.5 g total fat, 0 g sat fat, 10 mg chol, 400 mg sod.

Chocolate Mocha Mousse

- 1 cup whipping cream*
- 2 tablespoons powdered sugar*
- 1 cup semisweet chocolate chips*
- 1/3 cup granulated sugar*
- 1/8 teaspoon salt*
- 1 cup milk*
- 2 1/2 teaspoons unflavored gelatin*
- 1 tablespoon instant coffee granules*

In blending beaker, place cream and powdered sugar. Insert whisk into whisk adapter and adapter into motor body. Whisk at Speed 2 for 45 to 60 seconds, or until stiff peaks form. Transfer to separate bowl, cover, and refrigerate.

In blending jar, place chocolate chips, granulated sugar, and salt; set aside.

In small saucepan, add milk. Sprinkle gelatin over milk; let stand 5 minutes to soften. Heat over medium heat until very hot but not boiling, stirring frequently to dissolve gelatin. Pour milk mixture into blending beaker. Whisk at Speed 1 for 20 to 30 seconds to melt chocolate. Chill 45 to 60 minutes, or until completely cooled.

Add whipped cream to chocolate mixture. Whisk at Speed 1 for 3 to 5 seconds, or until mixed. Pour into serving dishes; chill thoroughly.

Yield: 5 servings (1/2 cup per serving).

Per Serving: About 420 cal, 5 g pro, 42 g carb, 29 g total fat, 18 g sat fat, 70 mg chol, 110 mg sod.

Whipped Cream

1 cup whipping cream
2-3 tablespoons powdered sugar
1/2 teaspoon vanilla

In blending jar, place ingredients. Insert whisk into whisk adapter and adapter into motor body. Whisk at Speed 2 for 45 to 60 seconds, or until peaks form.

Yield: 16 servings (2 tablespoons per serving).

Per Serving: About 60 cal, 0 g pro, 1 g carb, 6 g total fat, 3.5 g sat fat, 20 mg chol, 5 mg sod.

VARIATION

Chocolate Whipped Cream

Increase powdered sugar to $\frac{1}{4}$ cup; add 2 tablespoons unsweetened cocoa powder to other ingredients before whisking.

Yield: 16 servings (2 tablespoons per serving).

Per Serving: About 60 cal, 0 g pro, 3 g carb, 6 g total fat, 3.5 g sat fat, 20 mg chol, 5 mg sod.

Cinnamon Whipped Cream

Add $\frac{1}{2}$ teaspoon cinnamon to other ingredients before whisking.

Yield: 16 servings (2 tablespoons per serving).

Per Serving: About 60 cal, 0 g pro, 1 g carb, 6 g total fat, 3.5 g sat fat, 20 mg chol, 5 mg sod.

Orange Whipped Cream

Substitute 1 teaspoon grated orange peel for vanilla and add to other ingredients before whisking.

Yield: 16 servings (2 tablespoons per serving).

Per Serving: About 60 cal, 0 g pro, 1 g carb, 6 g total fat, 3.5 g sat fat, 20 mg chol, 5 mg sod.

Fudge Ribbon Cream Pie

Crust

- 12 pecan shortbread cookies, broken
- 2 tablespoons butter or margarine, melted

Filling

- $\frac{3}{4}$ cup Hot Fudge Sauce,* warmed slightly
- 4 ounces cream cheese, softened
- 1 tablespoon sugar
- 1 $\frac{1}{4}$ teaspoons vanilla
- 1 package (3.4 oz.) instant cheesecake pudding and pie filling mix
- 1 $\frac{1}{2}$ cups milk, divided

Topping

- 2 tablespoons Hot Fudge Sauce,* warmed slightly
- 1 teaspoon whipping cream

Crust: In chopper attachment bowl with blade, place cookies. Insert chopper adapter into motor body and lock adapter onto bowl. Chop at Speed 3[†] for 10 to 15 seconds, or until finely chopped. Add butter; chop at Speed 1 about 10 seconds, or until blended. Press crumb mixture evenly over bottom and sides of 9-inch pie plate. Bake at 375°F for 8 to 10 minutes, or until light golden and set. Cool.

Filling: Spread Hot Fudge Sauce in bottom of crust. Chill until set, about 20 minutes.

In blending jar, place cream cheese. Insert whisk into whisk adapter and adapter into motor body. Whisk at Speed 1 for 5 to 8 seconds, or until smooth. Add sugar and vanilla; whisk at Speed 1 about 10 seconds to blend. Add pudding mix and $\frac{1}{2}$ cup milk. Whisk at Speed 1 for 10 to 15 seconds to mix, scraping beaker as needed. Add remaining 1 cup milk, $\frac{1}{2}$ cup at a time, whisking at Speed 1 about 10 seconds each time and scraping beaker as needed. Increase to Speed 2; whisk 20 seconds. Increase to Speed 3[†]; whisk 25 to 35 seconds, or until slightly thickened. Pour over chilled fudge layer in pie plate.

Topping: In small bowl, combine Hot Fudge Sauce and cream. Drizzle over pie; draw knife blade through drizzle, if desired. Refrigerate until set, about 30 minutes.

Yield: 8 servings.

*Prepared hot fudge topping may be substituted.

Per Serving: About 420 cal, 5 g pro, 41 g carb, 26 g total fat, 14 g sat fat, 60 mg chol, 320 mg sod.

[†] Model KHB2351 only

Individual Pistachio Tarts

- 1 cup whipping cream*
- 1/3 cup powdered sugar*
- 3 ounces cream cheese, cut into 1/2-inch cubes, softened*
- 1/2 cup chopped pistachios, divided*
- 1/4 teaspoon almond extract*
- 1/4 teaspoon vanilla*
- 1 package (6 crusts) single-serve graham cracker pie crusts*

In blending jar, place cream and powdered sugar. Insert whisk into whisk adapter and adapter into motor body. Whisk at Speed 1 about 5 seconds to mix. Increase to Speed 3; whisk about 25 seconds, or until soft peaks form. Add cream cheese; whisk at Speed 6 for 20 to 25 seconds, or until smooth. Add 1/3 cup pistachios, almond extract, and vanilla. Whisk at Speed 1 for 5 to 8 seconds, or until mixed. Pipe or spoon filling into crusts, dividing evenly. Garnish with remaining (approximately 2 1/2 tablespoons) pistachios. Refrigerate 1 to 2 hours to blend flavors.

Yield: 6 servings (1 tart per serving).

Per Serving: About 390 cal, 5 g pro, 26 g carb, 31 g total fat, 14 g sat fat, 70 mg chol, 180 mg sod.

Pecan Streusel Topping

- 1/3 cup packed brown sugar*
- 1/4 cup all-purpose flour*
- 1/8 teaspoon cinnamon or nutmeg*
- 1/8 teaspoon salt*
- 3 tablespoons cold butter or margarine, cut into chunks*
- 1/2 cup pecan halves and pieces*

In chopper attachment bowl with blade, place brown sugar, flour, cinnamon, and salt. Insert chopper adapter into motor body and lock adapter onto bowl. Chop at Speed 2 about 5 seconds, or until mixed. Add butter; pulse 5 to 6 times at Speed 2, about 4 seconds each time, or until blended and crumbly. Add pecans. Pulse 2 to 3 times at Speed 1, about 4 seconds each time, or until chopped and blended. Sprinkle on fruit pie filling, squash or sweet potato casserole, or coffee cake before baking.

Yield: 12 servings (topping for 8-inch or 9-inch square or round baking pan).

Per Serving: About 90 cal, 1 g pro, 9 g carb, 6 g total fat, 2 g sat fat, 10 mg chol, 25 mg sod.

Vegetable Barley Soup

- 1 medium onion, cut into 1-inch pieces*
- 2 medium carrots, peeled and cut into 1 1/2-inch pieces*
- 1 rib celery, cut into 1 1/2-inch pieces*
- 2 small tomatoes, cored and seeded*
- 1/3 cup fresh or frozen cut green beans*
- 1/4 cup fresh or frozen green peas*
- 1/4 cup fresh or frozen corn*
- 4 cups (1 quart) chicken or vegetable broth*
- 1/4 cup medium barley*
- 1/2 teaspoon dried basil*
- 1/2 teaspoon dried marjoram*
- 1 small bay leaf*
- 1/4 teaspoon salt*
- 1/8 - 1/4 teaspoon white pepper*

In chopper attachment bowl with blade, place onion, carrots, and celery. Insert chopper adapter into motor body and lock adapter onto bowl. Pulse 5 to 6 times at Speed 1, about 5 seconds each time, or until coarsely chopped. Transfer vegetable mixture into large saucepan or Dutch oven.

Set aside.

In chopper attachment bowl, place tomatoes. Replace adapter; pulse 3 to 4 times at Speed 2, about 3 seconds each time to chop.

Add tomatoes and remaining ingredients to saucepan. Bring to a boil. Reduce heat, cover, and simmer 45 to 60 minutes, or until vegetables and barley are tender. Remove and discard bay leaf.

Yield: 5 servings (1 cup per serving).

Per Serving: About 100 cal, 3 g pro, 16 g carb, 3.5 g total fat, 1 g sat fat, 5 mg chol, 960 mg sod.

Guacamole

- 1/2 small serrano or jalapeno pepper, seeded and cut into quarters
- 1 clove garlic, peeled
- 3 tablespoons loosely packed fresh cilantro leaves, if desired
- 1/4 small onion, peeled and cut into 1-inch pieces
- 3 ripe avocados, peeled, pitted, and cut into 1-inch pieces, divided
- 2 tablespoons fresh lime juice
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne, if desired

In chopper attachment bowl with blade, place serrano pepper and garlic. Insert chopper adapter into motor body and lock adapter onto bowl. Chop at Speed 2-3[†] for 8 to 10 seconds, or until finely chopped. Add cilantro, if desired; chop at Speed 2-3[†] for 8 to 10 seconds, or until cilantro is well cut. Add onion; chop at Speed 3 for 5 to 10 seconds, or until onion is finely chopped.

Add 2/3 of avocados, lime juice, salt, and cayenne, if desired. Pulse 2 to 3 times at Speed 2, about 4 seconds each time, or until well chopped, scraping bowl as needed. Add remaining 1/3 of avocado. Pulse 3 to 4 times at Speed 2, about 4 seconds each time, or until desired consistency.

Cover and refrigerate at least 2 hours before serving to blend flavors. Serve with corn chips, if desired.

Yield: 14 servings (2 tablespoons per serving).

Per Serving: About 70 cal, 1 g pro, 3 g carb, 6 g total fat, 1 g sat fat, 0 mg chol, 90 mg sod.

White Bean Dip

- 1 small clove garlic, peeled
- 1 tablespoon red onion pieces
- 1 can (15.5 oz.) Great Northern™ beans, rinsed and drained
- 1/2 teaspoon dried oregano
- 2 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne, if desired

In chopper attachment bowl with blade, place garlic. Insert chopper adapter into motor body and lock adapter onto bowl. Chop at Speed 2 for 5 to 10 seconds. Add onion; pulse 2 to 3 times at Speed 2, about 5 seconds each time, or until well chopped, scraping bowl as needed. Add remaining ingredients. Pulse 2 to 3 times at Speed 2, about 15 seconds each time to blend, scraping bowl as needed. Serve with vegetables and crackers, if desired.

Yield: 8 servings (2 tablespoons per serving).

Per Serving: About 80 cal, 3 g pro, 9 g carb, 3.5 g total fat, 0.5 g sat fat, 0 mg chol, 75 mg sod.

Tomato Basil Crostini

- 1 small clove garlic, peeled
- 3 Roma tomatoes, cored, seeded, and cut into chunks
- 1 tablespoon loosely packed fresh basil leaves
- 2 tablespoons shredded Parmesan cheese
- 1 tablespoon extra virgin olive oil
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper
- 32 slices ($\frac{1}{4}$ -inch each) baguette

In chopper attachment bowl with blade, place garlic. Insert chopper adapter into motor body and lock adapter onto bowl. Chop at Speed 2 for 5 to 10 seconds, or until finely chopped. Add tomatoes and basil. Pulse 4 to 5 times at Speed 1, about 4 seconds each time to coarsely chop. Add cheese, oil, salt, and pepper. Pulse 2 to 3 times at Speed 1, about 4 seconds each time to combine.

Before serving, lightly toast baguette slices by broiling 4 inches from heat for 1 to $1\frac{1}{2}$ minutes per side. Cool. Serve topped with about $1\frac{1}{2}$ teaspoons tomato mixture per toast.

Yield: 16 servings (2 crostini per serving).

Per Serving: About 100 cal, 2 g pro, 16 g carb, 3 g total fat, 0.5 g sat fat, 0 mg chol, 150 mg sod.

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