

Chili Cheese Log

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 48 to 60 slices

3 cups medium Cheddar cheese, grated
4 ounces cream cheese, softened
3/4 teaspoon Worcestershire sauce
1/2 teaspoon garlic salt
1/4 teaspoon pepper
1/4 cup chili powder

In a medium bowl, place the Cheddar cheese, cream cheese, Worcestershire, garlic salt and pepper. Beat until smooth.

Roll into two logs. Make the diameter slightly smaller than your favorite crackers so that the slices will fit on top.

Spread the chili powder on waxed paper or a plate. Roll each log in the chili powder until coated. Wrap in waxed paper or plastic wrap.

Chill for three or four days to blend the flavors.

Cut the logs into 48 to 60 slices.

Per Serving (excluding unknown items): 496 Calories; 45g Fat (75.1% calories from fat); 12g Protein; 21g Carbohydrate; 11g Dietary Fiber; 124mg Cholesterol; 1700mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 8 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	496	Vitamin B6 (mg):	.6mg
% Calories from Fat:	75.1%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	15.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.2%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	45g	Folacin (mcg):	45mcg
Saturated Fat (g):	26g	Niacin (mg):	2mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	124mg	% Refuse:	0 0%

Carbohydrate (g): 21g
 Dietary Fiber (g): 11g
 Protein (g): 12g
 Sodium (mg): 1700mg
 Potassium (mg): 747mg
 Calcium (mg): 180mg
 Iron (mg): 6mg
 Zinc (mg): 1mg
 Vitamin C (mg): 26mg
 Vitamin A (i.u.): 12101IU
 Vitamin A (r.e.): 1536 1/2RE

Food Exchanges

Grain (Starch): 1
 Lean Meat: 1
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 8 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 496 Calories from Fat: 373

% Daily Values*

Total Fat	45g		69%
	Saturated Fat 26g		129%
Cholesterol	124mg		41%
Sodium	1700mg		71%
Total Carbohydrates	21g		7%
	Dietary Fiber 11g		44%
Protein	12g		
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Vitamin A			242%
Vitamin C			44%
Calcium			18%
Iron			33%

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