

Cheese and Spinach Canape's

What's Cooking II

North American Institute of Modern Cuisine

Servings: 24

3/4 cup cream cheese, softened
1/4 cup goat cheese, softened
1/3 cup spinach, finely shredded
2 dashes Worcestershire sauce
salt and pepper
6 bread slices, toasted
6 cherry tomatoes, quartered

Mix the cream cheese, goat cheese, spinach and Worcestershire. Season to taste with salt and pepper. Spread the mixture on the toast. Cut into canape's.

Garnish each canape' with a tomato wedge.

ASSEMBLING CANAPE'S:
Preheat the oven to BROIL. Lightly butter the bread slices. Toast in the oven for two minutes or so per side. Add the topping. Remove the crusts to make straight, even sides. Cut each toast slice into four small, equal triangles.

Per Serving (excluding unknown items): 48 Calories; 3g Fat (58.9% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 60mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	48	Vitamin B6 (mg):	trace
% Calories from Fat:	58.9%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	29.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	12.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	5mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	9mg	% Refuse:	0.0%
Carbohydrate (g):	4g		
Dietary Fiber (g):	trace	Food Exchanges	
Protein (g):	1g	Grain (Starch):	0
Sodium (mg):	60mg	Lean Meat:	0
Potassium (mg):	29mg	Vegetable:	0
Calcium (mg):	24mg	Fruit:	0
Iron (mg):	trace	Non-Fat Milk:	0
		Fat:	1/2

Zinc (mg): trace
 Vitamin C (mg): 1mg
 Vitamin A (i.u.): 164IU
 Vitamin A (r.e.): 38 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 48 Calories from Fat: 29

% Daily Values*

Total Fat	3g	5%
Saturated Fat	2g	10%
Cholesterol	9mg	3%
Sodium	60mg	3%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	1%
Protein	1g	
<hr/>		
Vitamin A		3%
Vitamin C		2%
Calcium		2%
Iron		2%

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