

Zippy Canape's

Most Loved Appetizers

Company's Coming Publishing Limited

Yield: 48 canape's

8 ounces cream cheese, softened

2 tablespoons dried chives

1/2 teaspoon seasoned salt

1 tablespoon pimiento, finely chopped

48 small cocktail-size bread slices

In a small bowl, place the cream cheese, chives and seasoned salt. Mix well.

Add the pimiento. Stir.

Spread (or pipe) about one teaspoon of the cream cheese mixture on each bread slice.

Per Serving (excluding unknown items): 796 Calories; 79g Fat (88.1% calories from fat); 17g Protein; 7g Carbohydrate; trace Dietary Fiber; 249mg Cholesterol; 1354mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 14 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	796	Vitamin B6 (mg):	.1mg
% Calories from Fat:	88.1%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	3.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.5%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	79g	Folacin (mcg):	31mcg
Saturated Fat (g):	50g	Niacin (mg):	trace
Monounsaturated Fat (g):	22g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	249mg	% Refuse:	n n%
Carbohydrate (g):	7g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	17g	Lean Meat:	2 1/2
Sodium (mg):	1354mg	Vegetable:	0
Potassium (mg):	287mg	Fruit:	0
Calcium (mg):	185mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	14 1/2

Zinc (mg): 1mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 3584IU
Vitamin A (r.e.): 1010RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 796 Calories from Fat: 701

% Daily Values*

Total Fat 79g	122%
Saturated Fat 50g	249%
Cholesterol 249mg	83%
Sodium 1354mg	56%
Total Carbohydrates 7g	2%
Dietary Fiber trace	1%
Protein 17g	

Vitamin A	72%
Vitamin C	8%
Calcium	18%
Iron	16%

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