

Blue Cheese and Cream Dip

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 1 1/2 cups

8 ounces blue cheese
1 cup cream, divided
2 tablespoons apple cider vinegar
salt (to taste)
pepper (to taste)

In a food processor, process the blue cheese and 1/2 cup of cream until smooth.

Transfer to a bowl. Stir in another 1/2 cup of cream and the vinegar. Mix well.

Season with salt and pepper.

Cover and refrigerate until ready to use.

Per Serving (excluding unknown items): 1388 Calories; 125g Fat (80.1% calories from fat); 54g Protein; 15g Carbohydrate; 0g Dietary Fiber; 380mg Cholesterol; 3253mg Sodium. Exchanges: 6 1/2 Lean Meat; 0 Fruit; 21 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1388
% Calories from Fat:	80.1%
% Calories from Carbohydrates:	4.4%
% Calories from Protein:	15.5%
Total Fat (g):	125g
Saturated Fat (g):	80g
Monounsaturated Fat (g):	35g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	380mg
Carbohydrate (g):	15g
Dietary Fiber (g):	0g
Protein (g):	54g
Sodium (mg):	3253mg
Potassium (mg):	885mg

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	3.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	1.2mg
Folacin (mcg):	88mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	6 1/2
Vegetable:	0
Fruit:	0

Calcium (mg): 1414mg
Iron (mg): 1mg
Zinc (mg): 7mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 3887IU
Vitamin A (r.e.): 1044 1/2RE

Non-Fat Milk: 0
Fat: 21
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1388 **Calories from Fat:** 1112

% Daily Values*

Total Fat 125g	192%
Saturated Fat 80g	398%
Cholesterol 380mg	127%
Sodium 3253mg	136%
Total Carbohydrates 15g	5%
Dietary Fiber 0g	0%
Protein 54g	

Vitamin A	78%
Vitamin C	3%
Calcium	141%
Iron	5%

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