

# Cuke Spread 'R Dip

*Most Loved Appetizers*  
*Company's Coming Publishing Limited*

**Yield: 3 cups**

*8 ounces light cream cheese, softened*  
*2 cups cucumbers, peeled, seeded and finely chopped*  
*1 teaspoon seasoned salt*  
*1/16 teaspoon cayenne pepper*

In a medium bowl, mash the cream cheese with a fork.

Add the cucumber, seasoned salt and cayenne pepper. Mix well. Chill for at least two hours to blend the flavors.

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Per Serving (excluding unknown items): 555 Calories; 40g Fat (65.4% calories from fat); 26g Protein; 22g Carbohydrate; 2g Dietary Fiber; 127mg Cholesterol; 2648mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 6 Fat; 1 Other Carbohydrates.

Appetizers

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	555	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	65.4%	<b>Vitamin B12 (mcg):</b>	1.4mcg
<b>% Calories from Carbohydrates:</b>	16.1%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	18.5%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	40g	<b>Folacin (mcg):</b>	68mcg
<b>Saturated Fat (g):</b>	25g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	11g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	127mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	22g		
<b>Dietary Fiber (g):</b>	2g	<b>Food Exchanges</b>	
<b>Protein (g):</b>	26g	<b>Grain (Starch):</b>	0
<b>Sodium (mg):</b>	2648mg	<b>Lean Meat:</b>	3 1/2
<b>Potassium (mg):</b>	572mg	<b>Vegetable:</b>	1
<b>Calcium (mg):</b>	347mg	<b>Fruit:</b>	0
<b>Iron (mg):</b>	4mg	<b>Non-Fat Milk:</b>	0
<b>Zinc (mg):</b>	2mg	<b>Fat:</b>	6
		<b>Other Carbohydrates:</b>	1

Vitamin C (mg): 11mg  
Vitamin A (i.u.): 2138IU  
Vitamin A (r.e.): 539 1/2RE

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## Nutrition Facts

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### Amount Per Serving

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Calories 555 Calories from Fat: 363

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### % Daily Values\*

<b>Total Fat</b> 40g	62%
Saturated Fat 25g	126%
<b>Cholesterol</b> 127mg	42%
<b>Sodium</b> 2648mg	110%
<b>Total Carbohydrates</b> 22g	7%
Dietary Fiber 2g	7%
<b>Protein</b> 26g	
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<b>Vitamin A</b>	43%
<b>Vitamin C</b>	19%
<b>Calcium</b>	35%
<b>Iron</b>	24%

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