

Cheese Bites

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 32 appetizers

2 tablespoons hard margarine or butter
2 tablespoons light salad dressing (or mayonnaise)
3/4 cup sharp Cheddar cheese, grated
2 tablespoons onion, finely diced
1 1/2 teaspoons pimiento, finely chopped
sprinkle cayenne pepper
8 slices white sandwich bread, crusts removed
sprinkle paprika (optional)

Bake: 10 minutes

Preheat the oven to 350 degrees.

In a small bowl, mix the margarine, salad dressing, Cheddar cheese, onion, pimiento and cayenne. Mix well.

Flatten the bread slices with a rolling pin. Spread each bread slice with about one tablespoon of the cheese mixture. Roll up, jelly roll-style.

Sprinkle each roll with paprika. Place on an ungreased baking sheet.

Bake for about 10 minutes until toasted.

Cut each roll into four pieces.

Per Serving (excluding unknown items): 350 Calories; 28g Fat (72.3% calories from fat); 21g Protein; 3g Carbohydrate; trace Dietary Fiber; 89mg Cholesterol; 529mg Sodium. Exchanges: 3 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	350	Vitamin B6 (mg):	.1mg
% Calories from Fat:	72.3%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	3.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	24.4%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	28g	Folacin (mcg):	19mcg
Saturated Fat (g):	18g	Niacin (mg):	trace

Monounsaturated Fat (g): 8g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 89mg
Carbohydrate (g): 3g
Dietary Fiber (g): trace
Protein (g): 21g
Sodium (mg): 529mg
Potassium (mg): 117mg
Calcium (mg): 618mg
Iron (mg): 1mg
Zinc (mg): 3mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 938IU
Vitamin A (r.e.): 274RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 3
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 350 **Calories from Fat:** 253

% Daily Values*

Total Fat 28g	43%
Saturated Fat 18g	90%
Cholesterol 89mg	30%
Sodium 529mg	22%
Total Carbohydrates 3g	1%
Dietary Fiber trace	1%
Protein 21g	
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Vitamin A	19%
Vitamin C	4%
Calcium	62%
Iron	4%

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