

Golden Cheesies

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

Yield: 48 slices

2 1/2 cups all-purpose flour
1 cup sour cream
3 cups sharp cheddar cheese, shredded
1 cup butter or margarine, softened
seasoned salt
pepper
paprika

Cut the butter into the flour. Blend in the sour cream. Divide into four portions. Wrap and chill until firm.

Preheat the oven to 350 degrees.

Roll out the dough on a floured board (one-fourth at a time) to about a 12x6-inch rectangle. Sprinkle with seasoned salt, pepper and 3/4 cup of cheese. Roll up jellyroll fashion, pinching the ends to seal.

Place on an ungreased cookie sheet and cut the rolls halfway through at one-inch intervals. Sprinkle with paprika. Repeat with each portion.

Bake for 35 to 40 minutes.

Cut the slices all of the way through. Serve warm.

Leftovers may be frozen and reheated.

Per Serving (excluding unknown items): 4626 Calories; 348g Fat (67.4% calories from fat); 126g Protein; 253g Carbohydrate; 8g Dietary Fiber; 956mg Cholesterol; 4113mg Sodium. Exchanges: 15 1/2 Grain(Starch); 12 Lean Meat; 1/2 Non-Fat Milk; 61 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	4626	Vitamin B6 (mg):	.4mg
% Calories from Fat:	67.4%	Vitamin B12 (mcg):	3.8mcg

% Calories from Carbohydrates:	21.8%
% Calories from Protein:	10.9%
Total Fat (g):	348g
Saturated Fat (g):	217g
Monounsaturated Fat (g):	99g
Polyunsaturated Fat (g):	13g
Cholesterol (mg):	956mg
Carbohydrate (g):	253g
Dietary Fiber (g):	8g
Protein (g):	126g
Sodium (mg):	4113mg
Potassium (mg):	1059mg
Calcium (mg):	2823mg
Iron (mg):	17mg
Zinc (mg):	13mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	12355IU
Vitamin A (r.e.):	3344RE

Thiamin B1 (mg):	2.6mg
Riboflavin B2 (mg):	3.2mg
Folacin (mcg):	574mcg
Niacin (mg):	19mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

Food Exchanges

Grain (Starch):	15 1/2
Lean Meat:	12
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	61 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 4626 Calories from Fat: 3117

% Daily Values*

Total Fat 348g	535%
Saturated Fat 217g	1084%
Cholesterol 956mg	319%
Sodium 4113mg	171%
Total Carbohydrates 253g	84%
Dietary Fiber 8g	34%
Protein 126g	
Vitamin A	247%
Vitamin C	3%
Calcium	282%
Iron	96%

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