

Cheese Nut Spread

Mrs. J. Randall Goodwin

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 50

8 ounces sharp Cheddar cold pack
cheese food

8 ounces cream cheese

1/2 to one cup sour cream

1 tablespoon olive oil

2 teaspoons vinegar

2 teaspoons dried minced onion

1/2 teaspoon paprika

1/2 teaspoon chili powder

1/2 teaspoon dried minced garlic

1 teaspoon salt

1/4 teaspoon pepper

1/2 teaspoon Worcestershire sauce

1/4 teaspoon Tabasco sauce

3 heaping tablespoons cottage cheese

1/2 cup Parmesan cheese, grated

1 package (4 ounce) shredded sharp
cheese

1 cup chopped nuts (cashews or
pecans)

Let the sharp cheese and cream cheese soften to room temperature.

In a bowl, combine the olive oil, vinegar, onion, paprika, chili powder, garlic, salt, pepper, Worcestershire and Tabasco. Let stand to set.

In a bowl, blend together the sharp cheese, cream cheese and sour cream. Add to the olive oil mixture and blend.

Mix in the cottage cheese, Parmesan cheese, shredded cheese and nuts.

Before serving, let soften at room temperature for easier spreading.

Serve with crackers or raw vegetable.

Per Serving (excluding unknown items): 39 Calories; 3g Fat (65.2% calories from fat); 3g Protein; 1g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 128mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	39	Vitamin B6 (mg):	trace
% Calories from Fat:	65.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	8.1%	Thiamin B1 (mg):	trace

% Calories from Protein: 26.7%
Total Fat (g): 3g
Saturated Fat (g): 2g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 8mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): 3g
Sodium (mg): 128mg
Potassium (mg): 24mg
Calcium (mg): 27mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 121IU
Vitamin A (r.e.): 32RE

Riboflavin B2 (mg): trace
Folacin (mcg): 3mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 50

Amount Per Serving

Calories 39 **Calories from Fat:** 26

% Daily Values*

Total Fat	3g	4%
Saturated Fat	2g	8%
Cholesterol	8mg	3%
Sodium	128mg	5%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	3g	
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Vitamin A		2%
Vitamin C		0%
Calcium		3%
Iron		1%

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