

# Cheese and Bacon Spread

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

**Yield: 6 cups**

- 16 slices bacon, cooked crisp*
- 1 pound sharp Cheddar cheese, grated*
- 1/2 cup green onions, chopped*
- 2 cups mayonnaise*
- 1 cup slivered almonds*
- assorted crackers*

Drain the bacon well and crumble.

Combine the bacon with the cheese, onions and mayonnaise.

Stir in the almonds just before serving.

Serve with crackers.

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Per Serving (excluding unknown items): 6430 Calories; 650g Fat (87.2% calories from fat); 179g Protein; 37g Carbohydrate; 11g Dietary Fiber; 716mg Cholesterol; 6956mg Sodium. Exchanges: 1 1/2 Grain(Starch); 23 Lean Meat; 1/2 Vegetable; 72 Fat.

Appetizers

**Per Serving Nutritional Analysis**

Calories (kcal):	6430
% Calories from Fat:	87.2%
% Calories from Carbohydrates:	2.2%
% Calories from Protein:	10.7%
Total Fat (g):	650g
Saturated Fat (g):	172g
Monounsaturated Fat (g):	216g
Polyunsaturated Fat (g):	208g
Cholesterol (mg):	716mg
Carbohydrate (g):	37g
Dietary Fiber (g):	11g
Protein (g):	179g
Sodium (mg):	6956mg
Potassium (mg):	2308mg
Calcium (mg):	3759mg

Vitamin B6 (mg):	3.1mg
Vitamin B12 (mcg):	6.6mcg
Thiamin B1 (mg):	1.0mg
Riboflavin B2 (mg):	2.9mg
Folacin (mcg):	208mcg
Niacin (mg):	13mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0%

**Food Exchanges**

Grain (Starch):	1 1/2
Lean Meat:	23
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0

**Iron (mg):** 13mg  
**Zinc (mg):** 23mg  
**Vitamin C (mg):** 44mg  
**Vitamin A (i.u.):** 6225IU  
**Vitamin A (r.e.):** 1709RE

**Fat:** 72  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 6430                      **Calories from Fat:** 5604

### % Daily Values\*

<b>Total Fat</b> 650g	1001%
Saturated Fat 172g	862%
<b>Cholesterol</b> 716mg	239%
<b>Sodium</b> 6956mg	290%
<b>Total Carbohydrates</b> 37g	12%
Dietary Fiber 11g	44%
<b>Protein</b> 179g	
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<b>Vitamin A</b>	124%
<b>Vitamin C</b>	73%
<b>Calcium</b>	376%
<b>Iron</b>	71%

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