

Gorgonzola Cheese and Prosciutto Spread

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 1 cup

2 ounces Gorgonzola cheese
1/4 pound cream cheese, room temperature
1 tablespoon butter, room temperature
1 tablespoon chives or scallion tops (optional), finely chopped
1 ounce prosciutto, finely chopped
1 tablespoon dry sherry

In a bowl, combine the Gorgonzola, cream cheese, butter, chives, prosciutto and sherry.. Beat until the mixture is well blended and smooth.

Cover and chill.

Serve with small slices of Italian bread.

Per Serving (excluding unknown items): 773 Calories; 72g Fat (82.6% calories from fat); 29g Protein; 5g Carbohydrate; 0g Dietary Fiber; 226mg Cholesterol; 2008mg Sodium. Exchanges: 4 Lean Meat; 12 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	773
% Calories from Fat:	82.6%
% Calories from Carbohydrates:	2.7%
% Calories from Protein:	14.7%
Total Fat (g):	72g
Saturated Fat (g):	45g
Monounsaturated Fat (g):	16g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	226mg
Carbohydrate (g):	5g
Dietary Fiber (g):	0g
Protein (g):	29g
Sodium (mg):	2008mg
Potassium (mg):	292mg
Calcium (mg):	98mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	17mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	17
% Refuse:	n.n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	4
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 2053IU
Vitamin A (r.e.): 595 1/2RE

Fat: 12
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 773 **Calories from Fat:** 638

% Daily Values*

Total Fat 72g	110%
Saturated Fat 45g	225%
Cholesterol 226mg	75%
Sodium 2008mg	84%
Total Carbohydrates 5g	2%
Dietary Fiber 0g	0%
Protein 29g	
Vitamin A	41%
Vitamin C	0%
Calcium	10%
Iron	10%

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