

Hawaiian Cheese Spread

Susan W. Puckett - Burlington, NC
Southern Living - 1987 Annual Recipes

Yield: 3 1/4 cups

2 packages (8 ounce ea) cream cheese,
softened

1 can (8-1/4 ounce) crushed
pineapple, well drained

1 cup chopped pecans

1/4 cup green pepper, chopped

2 tablespoons onions, diced

1 teaspoon celery salt

1/8 teaspoon garlic powder

In a bowl, beat the cream cheese at medium speed of an electric mixer until fluffy.

Stir in the pineapple, pecans, green pepper, onions, celery salt and garlic powder.

Serve on crackers or bread.

Per Serving (excluding unknown items): 2588 Calories; 243g Fat (81.5% calories from fat); 46g Protein; 78g Carbohydrate; 12g Dietary Fiber; 509mg Cholesterol; 2960mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fruit; 45 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2588	Vitamin B6 (mg):	.7mg
% Calories from Fat:	81.5%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	11.7%	Thiamin B1 (mg):	1.3mg
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	243g	Folacin (mcg):	132mcg
Saturated Fat (g):	108g	Niacin (mg):	2mg
Monounsaturated Fat (g):	96g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	26g	Alcohol (kcal):	0
Cholesterol (mg):	509mg	% Refuse:	n n%
Carbohydrate (g):	78g	Food Exchanges	
Dietary Fiber (g):	12g	Grain (Starch):	1 1/2
Protein (g):	46g	Lean Meat:	5 1/2
Sodium (mg):	2960mg	Vegetable:	1
Potassium (mg):	1426mg	Fruit:	2 1/2

Calcium (mg): 456mg
Iron (mg): 9mg
Zinc (mg): 9mg
Vitamin C (mg): 61mg
Vitamin A (i.u.): 7104IU
Vitamin A (r.e.): 2043 1/2RE

Non-Fat Milk: 0
Fat: 45 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2588 **Calories from Fat:** 2108

% Daily Values*

Total Fat 243g	374%
Saturated Fat 108g	542%
Cholesterol 509mg	170%
Sodium 2960mg	123%
Total Carbohydrates 78g	26%
Dietary Fiber 12g	48%
Protein 46g	
Vitamin A	142%
Vitamin C	101%
Calcium	46%
Iron	50%

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