

Hawaiian Coconut Spread

*Philadelphia Cream Cheese Favorite Recipes (1988)
1988 Kraft Inc.*

Yield: 1 1/3 cups

*1 container (8 ounce) cream cheese
2 tablespoons apricot, pineapple or
peach preserves
1/3 cup flaked coconut*

In a bowl, combine the cream cheese and preserves. Mix well until well blended.

Add the coconut. Mix well.

Chill.

Serve with nut bread slices.

Variations:

*Add 1/8 teaspoon of anise seed.
Substitute 1/4 cup of whole berry
cranberry sauce.*

Per Serving (excluding unknown items): 810 Calories; 81g Fat (88.5% calories from fat); 18g Protein; 6g Carbohydrate; 0g Dietary Fiber; 255mg Cholesterol; 686mg Sodium. Exchanges: 2 1/2 Lean Meat; 15 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	810
% Calories from Fat:	88.5%
% Calories from Carbohydrates:	3.0%
% Calories from Protein:	8.5%
Total Fat (g):	81g
Saturated Fat (g):	51g
Monounsaturated Fat (g):	23g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	255mg
Carbohydrate (g):	6g
Dietary Fiber (g):	0g
Protein (g):	18g
Sodium (mg):	686mg
Potassium (mg):	277mg
Calcium (mg):	185mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	31mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

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

Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 3311IU
Vitamin A (r.e.): 997 1/2RE

Fat: 15
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 810 **Calories from Fat:** 717

% Daily Values*

Total Fat 81g	124%
Saturated Fat 51g	255%
Cholesterol 255mg	85%
Sodium 686mg	29%
Total Carbohydrates 6g	2%
Dietary Fiber 0g	0%
Protein 18g	
Vitamin A	66%
Vitamin C	0%
Calcium	19%
Iron	15%

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