

Honey-Nut Spread

Gynell V. Silcox - Jacksonville, FL
Southern Living - 1987 Annual Recipes

Yield: 1 1/3 cups

1 package (8 ounce) cream cheese,
softened

1/4 cup sour cream

2 tablespoons honey

1/4 cup chopped pecans

In a mixing bowl, combine the cream cheese,
sour cream and honey. Beat at medium speed
of an electric mixer until smooth.

Stir in the pecans.

Cover and chill.

Serve with gingersnaps.

Per Serving (excluding unknown
items): 1062 Calories; 93g Fat
(76.9% calories from fat); 19g
Protein; 44g Carbohydrate; trace
Dietary Fiber; 280mg Cholesterol;
718mg Sodium. Exchanges: 2 1/2
Lean Meat; 0 Non-Fat Milk; 17 1/2
Fat; 2 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1062	Vitamin B6 (mg):	.1mg
% Calories from Fat:	76.9%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	16.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.1%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	93g	Folacin (mcg):	38mcg
Saturated Fat (g):	58g	Niacin (mg):	trace
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	280mg	% Refuse:	n n%
Carbohydrate (g):	44g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	19g	Lean Meat:	2 1/2
Sodium (mg):	718mg	Vegetable:	0
Potassium (mg):	382mg	Fruit:	0

Calcium (mg): 255mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 3765IU
Vitamin A (r.e.): 1134RE

Non-Fat Milk: 0
Fat: 17 1/2
Other Carbohydrates: 2 1/2

Nutrition Facts

Amount Per Serving

Calories 1062 **Calories from Fat:** 816

% Daily Values*

Total Fat 93g	143%
Saturated Fat 58g	292%
Cholesterol 280mg	93%
Sodium 718mg	30%
Total Carbohydrates 44g	15%
Dietary Fiber trace	0%
Protein 19g	

Vitamin A	75%
Vitamin C	1%
Calcium	25%
Iron	17%

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