

Jalapeno Popper Spread

*Ariane McAlpine - Penticton, British Columbia
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Servings: 16

*2 packages (8 ounce ea) cream cheese,
softened*

1 cup mayonnaise

*1/2 cup Monterey Jack cheese,
shredded*

1/4 cup canned chopped green chilies

*1/4 cup canned diced jalapeno
peppers*

1 cup Parmesan cheese, shredded

*1/2 cup Panko (Japanese) bread
crumbs*

sweet pepper pieces and corn chips

Preparation Time: 10 minutes

Bake: 25 minutes

Preheat the oven to 400 degrees.

In a large bowl, beat the cream cheese, mayonnaise, Monterey Jack cheese, green chilies and jalapenos until blended.

Spread the mixture into an ungreased 9-inch pie plate. Sprinkle with the Parmesan cheese. Top with the bread crumbs.

Bake for 25 to 30 minutes or until lightly browned.

Serve with peppers and chips.

Per Serving (excluding unknown items): 236 Calories; 24g Fat (89.8% calories from fat); 5g Protein; 1g Carbohydrate; 0g Dietary Fiber; 44mg Cholesterol; 276mg Sodium. Exchanges: 1/2 Lean Meat; 3 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	236	Vitamin B6 (mg):	.1mg
% Calories from Fat:	89.8%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	1.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	24g	Folacin (mcg):	6mcg
Saturated Fat (g):	10g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0

Cholesterol (mg):	44mg
Carbohydrate (g):	1g
Dietary Fiber (g):	0g
Protein (g):	5g
Sodium (mg):	276mg
Potassium (mg):	47mg
Calcium (mg):	121mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	521IU
Vitamin A (r.e.):	153RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 236 **Calories from Fat:** 212

% Daily Values*

Total Fat 24g	37%
Saturated Fat 10g	48%
Cholesterol 44mg	15%
Sodium 276mg	11%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Protein 5g	
Vitamin A	10%
Vitamin C	0%
Calcium	12%
Iron	3%

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