

Olive Basil Cheese Spread

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 2 cups

8 ounces cream cheese, softened
6 1/2 ounces feta cheese
3/4 ounce basil leaves, finely chopped
3 tablespoons olive oil
15 kalamata olives, pitted and roughly chopped
1/4 teaspoon cracked black pepper.

Preparation Time: 15 minutes

In a bowl, combine the cream cheese, feta cheese, basil, one tablespoon of the olive oil and 1/4 teaspoon of cracked pepper. Mix until smooth.

Fold in the olives and spoon into a serving bowl. Smooth the top with the back of a spoon.

Pour the remaining oil over the top.

garnish with a little more cracked pepper.

Serve with warm bruschetta.

Per Serving (excluding unknown items): 1788 Calories; 174g Fat (86.4% calories from fat); 44g Protein; 18g Carbohydrate; trace Dietary Fiber; 413mg Cholesterol; 3621mg Sodium. Exchanges: 6 Lean Meat; 0 Fruit; 31 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1788	Vitamin B6 (mg):	.9mg
% Calories from Fat:	86.4%	Vitamin B12 (mcg):	4.1mcg
% Calories from Carbohydrates:	3.9%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	9.6%	Riboflavin B2 (mg):	2.0mg
Total Fat (g):	174g	Folacin (mcg):	98mcg
Saturated Fat (g):	83g	Niacin (mg):	2mg
Monounsaturated Fat (g):	61g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	413mg	% Daily Value:	0 0%
	18g		

Food Exchanges

Carbohydrate (g):
Dietary Fiber (g): trace
Protein (g): 44g
Sodium (mg): 3621mg
Potassium (mg): 448mg
Calcium (mg): 1110mg
Iron (mg): 4mg
Zinc (mg): 7mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 4586IU
Vitamin A (r.e.): 1263 1/2RE

Grain (Starch): 0
Lean Meat: 6
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 31
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1788 **Calories from Fat:** 1545

% Daily Values*

Total Fat 174g	267%
Saturated Fat 83g	414%
Cholesterol 413mg	138%
Sodium 3621mg	151%
Total Carbohydrates 18g	6%
Dietary Fiber trace	1%
Protein 44g	

Vitamin A	92%
Vitamin C	4%
Calcium	111%
Iron	24%

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