

Pine Nut Cheese Spread

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

Yield: 1 cup

1 package (8 ounce) cream cheese,
softened
2 tablespoons Parmesan cheese, grated
1/4 cup green pepper, chopped
1 tablespoon onion, finely chopped
2 teaspoons Pimiento, chopped
dash ground red pepper
1/3 cup pine nuts or slivered
almonds, toasted

In a bowl, combine the cream cheese,
Parmesan, green pepper, onion, pimiento and
ground red pepper. Mix well until blended.

Chill.

Shape into a log.

Coat with pine nuts just before serving.

*Variation: Substitute light
Neufchatel cheese for the cream cheese.
Increase the Parmesan cheese to 1/4
cup (1 ounce). Spoon into the serving
container. Top with pine nuts just
before serving.*

Per Serving (excluding unknown
items): 870 Calories; 84g Fat
(85.5% calories from fat); 22g
Protein; 10g Carbohydrate; 1g
Dietary Fiber; 262mg Cholesterol;
873mg Sodium. Exchanges: 3
Lean Meat; 1/2 Vegetable; 15 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	870
% Calories from Fat:	85.5%
% Calories from Carbohydrates:	4.5%
% Calories from Protein:	10.0%
Total Fat (g):	84g
Saturated Fat (g):	53g
Monounsaturated Fat (g):	24g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	262mg
Carbohydrate (g):	10g
Dietary Fiber (g):	1g
Protein (g):	22g
Sodium (mg):	873mg
Potassium (mg):	372mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	42mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	1/2
Fruit:	0

Calcium (mg): 328mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 35mg
Vitamin A (i.u.): 3666IU
Vitamin A (r.e.): 1047RE

Non-Fat Milk: 0
Fat: 15
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 870 Calories from Fat: 744

% Daily Values*

Total Fat	84g		129%
Saturated Fat	53g		264%
Cholesterol	262mg		87%
Sodium	873mg		36%
Total Carbohydrates	10g		3%
Dietary Fiber	1g		3%
Protein	22g		
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Vitamin A			73%
Vitamin C			59%
Calcium			33%
Iron			17%

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