

# Quick Mexican Spread

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

**Yield: 1 cup**

*1 package (8 ounce) Neufchatel  
cheese, softened  
1 can (4 ounce) chopped green chilies,  
drained*

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

Chill.

Serve with tortilla chips or spread over warm  
tortillas or corn bread.

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Per Serving (excluding unknown  
items): 295 Calories; 27g Fat  
(80.3% calories from fat); 11g  
Protein; 3g Carbohydrate; 0g  
Dietary Fiber; 86mg Cholesterol;  
453mg Sodium. Exchanges: 1 1/2  
Lean Meat; 3 1/2 Fat.

Appetizers

**Per Serving Nutritional Analysis**

Calories (kcal):	295	Vitamin B6 (mg):	trace
% Calories from Fat:	80.3%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	4.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	15.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	27g	Folacin (mcg):	13mcg
Saturated Fat (g):	17g	Niacin (mg):	trace
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	86mg	% Refuse:	n n%
Carbohydrate (g):	3g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	11g	Lean Meat:	1 1/2
Sodium (mg):	453mg	Vegetable:	0
Potassium (mg):	129mg	Fruit:	0
Calcium (mg):	85mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	3 1/2

Zinc (mg): 1mg  
 Vitamin C (mg): 0mg  
 Vitamin A (i.u.): 1286IU  
 Vitamin A (r.e.): 385 1/2RE

Other Carbohydrates: 0

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## Nutrition Facts

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### Amount Per Serving

Calories 295                      Calories from Fat: 237

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### % Daily Values\*

<b>Total Fat</b> 27g	41%
Saturated Fat 17g	84%
<b>Cholesterol</b> 86mg	29%
<b>Sodium</b> 453mg	19%
<b>Total Carbohydrates</b> 3g	1%
Dietary Fiber 0g	0%
<b>Protein</b> 11g	
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<b>Vitamin A</b>	26%
<b>Vitamin C</b>	0%
<b>Calcium</b>	9%
<b>Iron</b>	2%

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