

Red Onion & Black Pepper Spread

Kraft Foods

Servings: 8

Yield: 2 tablespoons of spread per

1 package (8 ounce) cream cheese, softened

1/4 cup red onions, finely chopped

1 clove garlic, pan toasted, peeled and chopped

1/4 teaspoon coarsely ground black pepper

2 tablespoons chopped fresh parsley

Ritz crackers, Roasted Vegetable

Preparation Time: 10 minutes

Refrigerate: 30 minutes

In a bowl, mix the cream cheese, onions, garlic and pepper until well blended.

Shape into a six-inch log. Wrap tightly in plastic wrap.

Refrigerate for 30 minutes or until firm.

Roll in the parsley until evenly coated on all sides.

Serve as a spread with the crackers.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 104 Calories; 10g Fat (86.1% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 32mg Cholesterol; 86mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	104	Vitamin B6 (mg):	trace
% Calories from Fat:	86.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	5.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	10g	Folacin (mcg):	6mcg
Saturated Fat (g):	6g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	32mg	% Refuse:	n n%

Carbohydrate (g): 1g
 Dietary Fiber (g): trace
 Protein (g): 2g
 Sodium (mg): 86mg
 Potassium (mg): 49mg
 Calcium (mg): 26mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 2mg
 Vitamin A (i.u.): 463IU
 Vitamin A (r.e.): 129 1/2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 104 Calories from Fat: 90

% Daily Values*

Total Fat	10g	16%
Saturated Fat	6g	32%
Cholesterol	32mg	11%
Sodium	86mg	4%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	2g	

Vitamin A	9%
Vitamin C	3%
Calcium	3%
Iron	2%

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