

Roquefort Cheese Spread

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The International Appetizer Cookbook (1984)

Yield: 1 cup

2 ounces Roquefort cheese

1/4 pound cream cheese, room temperature

1 tablespoon butter, room temperature

1 tablespoon chives or scallion tops (optional), finely chopped

1 tablespoon dry sherry

In a bowl, combine the Roquefort, cream cheese, butter, chives and sherry.. Beat until the mixture is well blended and smooth.

Cover and chill.

Serve with crackers or thinly sliced pumpernickel bread.

Per Serving (excluding unknown items): 724 Calories; 68g Fat (85.9% calories from fat); 21g Protein; 4g Carbohydrate; 0g Dietary Fiber; 207mg Cholesterol; 1480mg Sodium. Exchanges: 3 Lean Meat; 12 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	724	Vitamin B6 (mg):	.1mg
% Calories from Fat:	85.9%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	2.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.7%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	68g	Folacin (mcg):	43mcg
Saturated Fat (g):	43g	Niacin (mg):	1mg
Monounsaturated Fat (g):	19g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	17
Cholesterol (mg):	207mg	% Refused:	0.0%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	21g	Lean Meat:	3
Sodium (mg):	1480mg	Vegetable:	0
Potassium (mg):	199mg	Fruit:	0
Calcium (mg):	470mg	Non-Fat Milk:	0

Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 2647IU
Vitamin A (r.e.): 646RE

Fat: 12
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 724 Calories from Fat: 622

% Daily Values*

Total Fat 68g	105%
Saturated Fat 43g	215%
Cholesterol 207mg	69%
Sodium 1480mg	62%
Total Carbohydrates 4g	1%
Dietary Fiber 0g	0%
Protein 21g	
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Vitamin A	53%
Vitamin C	0%
Calcium	47%
Iron	10%

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