

Serbian Herb Cheese Spread

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 1 1/2 cups

6 ounces cream cheese, room temperature

1/2 cup feta cheese, finely crumbled or grated

1/4 cup butter, room temperature

1 tablespoon brany cream (optional)

1 tablespoon fresh dill, minced

1 tablespoon fresh chives, minced

1 tablespoon fresh parsley or mint, minced

1 clove garlic (optional), crushed to a smooth puree'

In a bowl, combine the cream cheese, feta, butter, cream, dill, chives, parsley and garlic. Beat until the mixture is well blended and fluffy, or mix in an electric blender or food processor.

Cover and chill.

Serve with pumpernickel or pita bread.

Per Serving (excluding unknown items): 1199 Calories; 121g Fat (89.5% calories from fat); 24g Protein; 8g Carbohydrate; trace Dietary Fiber; 378mg Cholesterol; 1808mg Sodium. Exchanges: 3 1/2 Lean Meat; 0 Vegetable; 22 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1199	Vitamin B6 (mg):	.4mg
% Calories from Fat:	89.5%	Vitamin B12 (mcg):	2.1mcg
% Calories from Carbohydrates:	2.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.9%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	121g	Folacin (mcg):	52mcg
Saturated Fat (g):	77g	Niacin (mg):	1mg
Monounsaturated Fat (g):	33g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	378mg	% Refuse:	n n%
Carbohydrate (g):	8g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0

Protein (g): 24g
Sodium (mg): 1808mg
Potassium (mg): 277mg
Calcium (mg): 523mg
Iron (mg): 3mg
Zinc (mg): 3mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 4670IU
Vitamin A (r.e.): 1274RE

Lean Meat: 3 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 22 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1199 **Calories from Fat:** 1074

% Daily Values*

Total Fat 121g	187%
Saturated Fat 77g	386%
Cholesterol 378mg	126%
Sodium 1808mg	75%
Total Carbohydrates 8g	3%
Dietary Fiber trace	0%
Protein 24g	

Vitamin A	93%
Vitamin C	4%
Calcium	52%
Iron	15%

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