

Six Point Spread

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

Yield: 1 2/3 cups

1 package (8 ounce) cream cheese, softened

1 cup (4 ounce) Swiss cheese, shredded

4 slices bacon, crisply cooked and crumbled

2 tablespoons green onion, sliced

1 teaspoon Worcestershire sauce

2 tablespoons milk

In a bowl, combine the cream cheese and Swiss cheese. Mix at medium speed with an electric mixer until well blended.

Add the bacon, green onion, Worcestershire and milk. Mix well.

Chill.

Serve with assorted crackers.

Per Serving (excluding unknown items): 1408 Calories; 125g Fat (79.7% calories from fat); 59g Protein; 13g Carbohydrate; trace Dietary Fiber; 384mg Cholesterol; 1450mg Sodium. Exchanges: 7 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 20 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1408	Vitamin B6 (mg):	.2mg
% Calories from Fat:	79.7%	Vitamin B12 (mcg):	3.4mcg
% Calories from Carbohydrates:	3.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	16.6%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	125g	Folacin (mcg):	48mcg
Saturated Fat (g):	76g	Niacin (mg):	2mg
Monounsaturated Fat (g):	37g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	384mg	% Refuse:	n n%
Carbohydrate (g):	13g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	59g	Lean Meat:	7 1/2
Sodium (mg):	1450mg	Vegetable:	0

Potassium (mg): 645mg
Calcium (mg): 1328mg
Iron (mg): 4mg
Zinc (mg): 7mg
Vitamin C (mg): 20mg
Vitamin A (i.u.): 4359IU
Vitamin A (r.e.): 1303 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 20 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1408 **Calories from Fat:** 1122

% Daily Values*

Total Fat 125g	193%
Saturated Fat 76g	381%
Cholesterol 384mg	128%
Sodium 1450mg	60%
Total Carbohydrates 13g	4%
Dietary Fiber trace	1%
Protein 59g	
Vitamin A	87%
Vitamin C	33%
Calcium	133%
Iron	21%

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