

# Three Way Split Spreads

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

## **Yield: 2 cups**

*1 package (8 ounce) light Neufchatel  
cheese, softened*

*2 cups (8 ounce) mild Cheddar  
cheese, shredded*

*1/3 cup milk*

*2 tablespoons green pepper, finely  
chopped*

*2 tablespoons carrot, shredded*

*1 teaspoon onion, grated*

## **SECOND PORTION**

*2 slices cooked bacon, crumbled*

*1 1/2 teaspoons prepared horseradish  
(optional)*

## **THIRD PORTION**

*1/4 teaspoon dill weed*

*1/8 teaspoon garlic powder*

*1/8 teaspoon pepper*

In a bowl, combine the Neufchatel cheese, Cheddar cheese and milk. Mix at medium speed with an electric mixer until well blended. Divide the mixture into three 2/3 cup portions.

Portion one: Add the green peppers, carrots and onion. Mix well.

Portion two: Add the bacon and horseradish, if desired. Mix well.

Portion three: Add the dill weed, garlic powder and pepper. Mix well.

Arrange the cheese spreads on a serving tray. Serve with crackers.

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Per Serving (excluding unknown items): 138 Calories; 9g Fat (58.3% calories from fat); 7g Protein; 7g Carbohydrate; 1g Dietary Fiber; 22mg Cholesterol; 248mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.

## Appetizers

### **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	138	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	58.3%	<b>Vitamin B12 (mcg):</b>	.5mcg
<b>% Calories from Carbohydrates:</b>	21.5%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	20.1%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	9g	<b>Folacin (mcg):</b>	12mcg
<b>Saturated Fat (g):</b>	4g	<b>Niacin (mg):</b>	1mg
		<b>Caffeine (mg):</b>	0mg

Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	22mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	7g
Sodium (mg):	248mg
Potassium (mg):	289mg
Calcium (mg):	110mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	24mg
Vitamin A (i.u.):	4755IU
Vitamin A (r.e.):	496RE

Alcohol (kcal):	0
% Refuse:	n n%

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### Food Exchanges

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

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## Nutrition Facts

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### Amount Per Serving

Calories	138	Calories from Fat: 80
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### % Daily Values\*

<b>Total Fat</b>	9g	14%
Saturated Fat	4g	19%
<b>Cholesterol</b>	22mg	7%
<b>Sodium</b>	248mg	10%
<b>Total Carbohydrates</b>	7g	2%
Dietary Fiber	1g	4%
<b>Protein</b>	7g	
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<b>Vitamin A</b>		95%
<b>Vitamin C</b>		39%
<b>Calcium</b>		11%
<b>Iron</b>		3%

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