

Worcestershire-Cheddar Spread

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2 blocks (8 ounce ea) sharp Cheddar
cheese, shredded
1 shallot, minced
6 tablespoons unsalted butter, softened
3 tablespoons Worcestershire sauce

Place all of the ingredients in a food processor.
Pulse until smooth.
Serve with crackers.

Per Serving (excluding unknown items): 1566 Calories; 144g Fat (82.0% calories from fat); 58g Protein; 13g Carbohydrate; 0g Dietary Fiber; 424mg Cholesterol; 1859mg Sodium. Exchanges: 8 Lean Meat; 1/2 Vegetable; 24 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1566
% Calories from Fat:	82.0%
% Calories from Carbohydrates:	3.2%
% Calories from Protein:	14.8%
Total Fat (g):	144g
Saturated Fat (g):	91g
Monounsaturated Fat (g):	41g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	424mg
Carbohydrate (g):	13g
Dietary Fiber (g):	0g
Protein (g):	58g
Sodium (mg):	1859mg
Potassium (mg):	639mg
Calcium (mg):	1708mg
Iron (mg):	4mg
Zinc (mg):	7mg
Vitamin C (mg):	82mg
Vitamin A (i.u.):	6299IU

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	2.0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	47mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	8
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	24
Other Carbohydrates:	1/2

Vitamin A (r.e.):

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Nutrition Facts

Amount Per Serving

Calories 1566 **Calories from Fat:** 1285

% Daily Values*

Total Fat	144g	222%
Saturated Fat	91g	454%
Cholesterol	424mg	141%
Sodium	1859mg	77%
Total Carbohydrates	13g	4%
Dietary Fiber	0g	0%
Protein	58g	
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Vitamin A		126%
Vitamin C		136%
Calcium		171%
Iron		25%

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