

Zesty Herb Spread

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

Yield: 1 cup

*1 package (8 ounce) light Neufchatel
cheese, softened
1 tablespoon chives, chopped
1/4 teaspoon dried basil leaves,
crushed
dash pepper*

In a bowl, combine the Neufchatel cheese,
chives, basil and pepper. Mix until well blended.

Chill.

Serve with party rye bread slices or vegetable
dippers.

Per Serving (excluding unknown
items): 1 Calories; trace Fat (17.0%
calories from fat); trace Protein;
trace Carbohydrate; trace Dietary
Fiber; 0mg Cholesterol; trace
Sodium. Exchanges: 0 Vegetable.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1	Vitamin B6 (mg):	0mg
% Calories from Fat:	17.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	49.1%	Thiamin B1 (mg):	0mg
% Calories from Protein:	34.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	trace	Folacin (mcg):	3mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	trace	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	trace	Vegetable:	0
Potassium (mg):	9mg	Fruit:	0
Calcium (mg):	3mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0

Zinc (mg): trace
 Vitamin C (mg): 2mg
 Vitamin A (i.u.): 131IU
 Vitamin A (r.e.): 13RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	1	Calories from Fat:	0
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% Daily Values*

Total Fat	trace		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	trace		0%
Total Carbohydrates	trace		0%
Dietary Fiber	trace		0%
Protein	trace		
Vitamin A			3%
Vitamin C			3%
Calcium			0%
Iron			0%

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