

Cream Cheese and Bacon Filling

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 1 cup

6 ounces cream cheese, room temperature

2 tablespoons cream or milk

1/2 cup bacon, cooked crisp, drained and crumbled

In a small bowl, beat the cream cheese with the cream or milk until light and fluffy.

Add the bacon and mix well.

Cover and refrigerate.

Per Serving (excluding unknown items): 1275 Calories; 117g Fat (83.1% calories from fat); 49g Protein; 5g Carbohydrate; 0g Dietary Fiber; 287mg Cholesterol; 2390mg Sodium. Exchanges: 6 1/2 Lean Meat; 19 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1275
% Calories from Fat:	83.1%
% Calories from Carbohydrates:	1.6%
% Calories from Protein:	15.3%
Total Fat (g):	117g
Saturated Fat (g):	58g
Monounsaturated Fat (g):	45g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	287mg
Carbohydrate (g):	5g
Dietary Fiber (g):	0g
Protein (g):	49g
Sodium (mg):	2390mg
Potassium (mg):	778mg
Calcium (mg):	150mg
Iron (mg):	4mg
Zinc (mg):	5mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	2.8mcg
Thiamin B1 (mg):	.8mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	28mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	6 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	19 1/2
Other Carbohydrates:	0

Vitamin C (mg): 40mg
Vitamin A (i.u.): 2427IU
Vitamin A (r.e.): 731 1/2RE

Nutrition Facts

Amount Per Serving

Calories	1275	Calories from Fat: 1059
-----------------	------	-------------------------

% Daily Values*

Total Fat	117g	181%
Saturated Fat	58g	290%
Cholesterol	287mg	96%
Sodium	2390mg	100%
Total Carbohydrates	5g	2%
Dietary Fiber	0g	0%
Protein	49g	

Vitamin A	49%
Vitamin C	66%
Calcium	15%
Iron	22%

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