

# Philly Chive Sauce

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

## Yield: 1 1/3 cups

1 package (8 ounce) light Neufchatel  
cheese, cubed  
1/2 cup milk  
1 tablespoon chives, chopped  
1 teaspoon lemon juice  
1/4 teaspoon garlic salt

In a saucepan, combine the Neufchatel cheese  
and milk. Stir over low heat until smooth.

Stir in the chives, lemon juice and garlic salt.

Serve over hot cooked potatoes, green beans,  
broccoli or asparagus.

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Per Serving (excluding unknown  
items): 78 Calories; 4g Fat (46.4%  
calories from fat); 4g Protein; 7g  
Carbohydrate; trace Dietary Fiber;  
17mg Cholesterol; 572mg Sodium.  
Exchanges: 0 Vegetable; 0 Fruit;  
1/2 Non-Fat Milk; 1/2 Fat; 0 Other  
Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	78
% Calories from Fat:	46.4%
% Calories from Carbohydrates:	32.8%
% Calories from Protein:	20.8%
Total Fat (g):	4g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	17mg
Carbohydrate (g):	7g
Dietary Fiber (g):	trace
Protein (g):	4g
Sodium (mg):	572mg
Potassium (mg):	200mg
Calcium (mg):	149mg
Iron (mg):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	10mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

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

Zinc (mg): trace  
Vitamin C (mg): 5mg  
Vitamin A (i.u.): 285IU  
Vitamin A (r.e.): 59 1/2RE

Other Carbohydrates: 0

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## Nutrition Facts

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### Amount Per Serving

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<b>Calories</b>	78	Calories from Fat: 36
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### % Daily Values\*

<b>Total Fat</b>	4g	6%
Saturated Fat	3g	13%
<b>Cholesterol</b>	17mg	6%
<b>Sodium</b>	572mg	24%
<b>Total Carbohydrates</b>	7g	2%
Dietary Fiber	trace	1%
<b>Protein</b>	4g	

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<b>Vitamin A</b>	6%
<b>Vitamin C</b>	9%
<b>Calcium</b>	15%
<b>Iron</b>	1%

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