

Parsley-Cheese Filling

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 1 1/2 cups

*1 1/2 cups firmly packed parsley
(preferably Italian flat-leaf)*

1 cup (1/4 pound) imported

Parmesan cheese, freshly grated

1/2 cup olive oil

*3 tablespoons lemon juice, freshly
squeezed and strained*

salt (to taste)

In an electric blender or food processor,
combine the parsley, cheese, oil and lemon
juice. Whirl until the parsley is finely chopped
and the ingredients are thoroughly blended.

Season with the salt.

Use at once or cover and chill as long as
overnight.

Per Serving (excluding unknown
items): 966 Calories; 108g Fat
(98.3% calories from fat); trace
Protein; 4g Carbohydrate; trace
Dietary Fiber; 0mg Cholesterol;
trace Sodium. Exchanges: 1/2
Fruit; 21 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	966
% Calories from Fat:	98.3%
% Calories from Carbohydrates:	1.6%
% Calories from Protein:	0.1%
Total Fat (g):	108g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	80g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	0mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	trace
Potassium (mg):	57mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2

Calcium (mg): 3mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 21mg
Vitamin A (i.u.): 9IU
Vitamin A (r.e.): 1RE

Non-Fat Milk: 0
Fat: 21 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 966 Calories from Fat: 950

% Daily Values*

Total Fat	108g	166%
Saturated Fat	15g	73%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	0%
Vitamin C	35%
Calcium	0%
Iron	2%

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