Nacho Cheese Spread

50 Burger Toppings Food Network Magazine

8 ounces processed cheese, cubed

- 2 tablespoons pico de gallo
- 2 tablespoons chopped pickled jalapenos
- 2 tablespoons sliced black olives
- 2 tablespoons chopped scallions
- 1 teaspoon chili powder

In a bowl, microwave the processed cheese until melted and smooth, about 2 minutes.

Stir in the pico de gallo, jalapenos, black olives, scallions and chili powder.

Can be used as a hamburger topping.

Per Serving (excluding unknown items): 35 Calories; 2g Fat (51.4% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 421mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Sauces and Condiments

Day Carring Mutritional Analysis

Calories (kcal):	35	Vitamin B6 (mg):	.1mg
% Calories from Fat:	51.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	40.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	12mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0 0 0%
Cholesterol (mg):	0mg		
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	421mg	Vegetable:	1/2
Potassium (mg):	105mg	Fruit:	0
Calcium (mg):	35mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	1/2
	-		0
Zinc (mg):	trace	Other Carbohydrates:	0

 Vitamin C (mg):
 6mg

 Vitamin A (i.u.):
 1276IU

 Vitamin A (r.e.):
 127 1/2RE

Nutrition Facts

Amount Per Serving			
Calories 35	Calories from Fat: 18		
	% Daily Values*		
Total Fat 2g Saturated Fat trace Cholesterol 0mg Sodium 421mg Total Carbohydrates 4g Dietary Fiber 2g Protein 1g	4% 2% 0% 18% 1% 7%		
Vitamin A Vitamin C Calcium Iron	26% 10% 3% 9%		

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