

Bleu Cheese Roll

Mrs. John E. Gonce

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

1/2 cup butter
4 ounces bleu cheese
1 package (8 ounce) cream cheese
1/4 cup onion, minced
1 tablespoon fresh parsley
dash Worcestershire sauce
dash Tabasco sauce
chopped pecans (for garnish)
(optional)

Allow the butter and cheeses to reach room temperature.

In a bowl, cream the butter and blue cheese. Add the softened cream cheese. Mix well.

Add the minced onion, parsley, Worcestershire and Tabasco. Chill.

Shape the cheese into a ball. Roll in the chopped nuts to coat the outside.

Wrap in waxed paper. Chill until ready to serve.

Per Serving (excluding unknown items): 2040 Calories; 206g Fat (89.2% calories from fat); 43g Protein; 13g Carbohydrate; 1g Dietary Fiber; 588mg Cholesterol; 3208mg Sodium. Exchanges: 6 Lean Meat; 1/2 Vegetable; 37 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal): 2040
% Calories from Fat: 89.2%
% Calories from Carbohydrates: 2.4%
% Calories from Protein: 8.4%
Total Fat (g): 206g
Saturated Fat (g): 129g
Monounsaturated Fat (g): 58g
Polyunsaturated Fat (g): 7g
Cholesterol (mg): 588mg
Carbohydrate (g): 13g
1g

Vitamin B6 (mg): .3mg
Vitamin B12 (mcg): 2.5mcg
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .9mg
Folacin (mcg): 88mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Daily Value: n n%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): 43g
Sodium (mg): 3208mg
Potassium (mg): 680mg
Calcium (mg): 824mg
Iron (mg): 4mg
Zinc (mg): 4mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 7791IU
Vitamin A (r.e.): 2120 1/2RE

Grain (Starch):
Lean Meat: 6
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 37 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2040 **Calories from Fat:** 1820

% Daily Values*

Total Fat 206g	316%
Saturated Fat 129g	647%
Cholesterol 588mg	196%
Sodium 3208mg	134%
Total Carbohydrates 13g	4%
Dietary Fiber 1g	3%
Protein 43g	
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Vitamin A	156%
Vitamin C	13%
Calcium	82%
Iron	20%

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