

Cheesy Beer Spread

Laura Morris - Bunnell, FL
Southern Living - 1987 Annual Recipes

Yield: 1 1/2 cups

2 cups (8 ounces) shredded Cheddar cheese

1 package (3 ounce) cream cheese, softened

1/3 cup beer

2 tablespoons fresh parsley, minced

1 small clove garlic, crushed

1/8 teaspoon red pepper

In a bowl, combine the Cheddar cheese, cream cheese, beer, parsley, garlic and red pepper. Stir well.

Cover and chill.

Serve with crackers.

Per Serving (excluding unknown items): 1759 Calories; 156g Fat (80.0% calories from fat); 74g Protein; 13g Carbohydrate; trace Dietary Fiber; 492mg Cholesterol; 2097mg Sodium. Exchanges: 10 1/2 Lean Meat; 1/2 Vegetable; 25 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1759
% Calories from Fat:	80.0%
% Calories from Carbohydrates:	3.1%
% Calories from Protein:	17.0%
Total Fat (g):	156g
Saturated Fat (g):	99g
Monounsaturated Fat (g):	44g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	492mg
Carbohydrate (g):	13g
Dietary Fiber (g):	trace
Protein (g):	74g
Sodium (mg):	2097mg
Potassium (mg):	573mg
Calcium (mg):	1835mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	2.9mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	1.3mg
Folacin (mcg):	88mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	32
% Refuse:	n.n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	10 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 5mg
Zinc (mg): 8mg
Vitamin C (mg): 12mg
Vitamin A (i.u.): 6115IU
Vitamin A (r.e.): 1757 1/2RE

Fat: 25
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1759 **Calories from Fat:** 1407

% Daily Values*

Total Fat 156g	240%
Saturated Fat 99g	493%
Cholesterol 492mg	164%
Sodium 2097mg	87%
Total Carbohydrates 13g	4%
Dietary Fiber trace	2%
Protein 74g	
Vitamin A	122%
Vitamin C	19%
Calcium	184%
Iron	27%

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