

# Ham and Cheese Dip

*The Village Inn - Londonderry, VT  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Yield: 2 cups

*1/2 teaspoon garlic powder  
1/2 cup sour cream  
1 tablespoon prepared mustard  
1 tablespoon Worcestershire sauce  
2 tablespoons Parmesan cheese  
1 pound cream cheese, softened  
2 large slices Swiss cheese, cut in pieces  
1 tablespoon parsley, chopped  
1 teaspoon chives, chopped*

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Combine all of the ingredients in a food processor.

Blend until smooth.

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Per Serving (excluding unknown items): 1174 Calories; 90g Fat (68.9% calories from fat); 74g Protein; 18g Carbohydrate; 1g Dietary Fiber; 267mg Cholesterol; 1174mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 12 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	1174	Vitamin B6 (mg):	.2mg
% Calories from Fat:	68.9%	Vitamin B12 (mcg):	4.3mcg
% Calories from Carbohydrates:	6.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.0%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	90g	Folacin (mcg):	36mcg
Saturated Fat (g):	57g	Niacin (mg):	trace
Monounsaturated Fat (g):	25g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	267mg	% Refuse:	n n%
Carbohydrate (g):	18g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0

**Protein (g):** 74g  
**Sodium (mg):** 1174mg  
**Potassium (mg):** 606mg  
**Calcium (mg):** 2487mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 10mg  
**Vitamin C (mg):** 34mg  
**Vitamin A (i.u.):** 3150IU  
**Vitamin A (r.e.):** 898 1/2RE

**Lean Meat:** 8 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 12  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 1174                      **Calories from Fat:** 809

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### % Daily Values\*

<b>Total Fat</b> 90g	139%
Saturated Fat 57g	286%
<b>Cholesterol</b> 267mg	89%
<b>Sodium</b> 1174mg	49%
<b>Total Carbohydrates</b> 18g	6%
Dietary Fiber 1g	2%
<b>Protein</b> 74g	
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<b>Vitamin A</b>	63%
<b>Vitamin C</b>	56%
<b>Calcium</b>	249%
<b>Iron</b>	11%

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