

# Oriental Cheese Spread

*Most Loved Appetizers*  
*Company's Coming Publishing Limited*

## Servings: 9

## Yield: 3/4 cup marinade

*1/2 cup soy sauce*

*1/4 cup confectioner's sugar*

*3 tablespoons green onion, finely chopped*

*1 1/2 tablespoons minced crystallized ginger*

*1 teaspoon dried crushed chilies*

*1 clove garlic, minced*

*8 ounce block cream cheese*

*3 tablespoons toasted sesame seeds*

In a small bowl, place the soy sauce, confectioner's sugar, green onion, ginger, chilies and garlic. Stir until the sugar is dissolved. Pour into a resealable freezer bag.

Add the eight ounce block of cream cheese. Seal the bag. Turn until coated. Marinate in the refrigerator for three days, turning occasionally.

Drain and discard the marinade. Spread the sesame seeds on waxed paper or a large plate. Press the cream cheese block into the sesame seeds until completely coated. Place on a serving plate. Sprinkle any remaining sesame seeds over the top.

---

Per Serving (excluding unknown items): 757 Calories; 73g Fat (85.5% calories from fat); 17g Protein; 11g Carbohydrate; 1g Dietary Fiber; 226mg Cholesterol; 1525mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 13 1/2 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	757	Vitamin B6 (mg):	.1mg
% Calories from Fat:	85.5%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	5.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.8%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	73g	Folacin (mcg):	34mcg
Saturated Fat (g):	45g	Niacin (mg):	1mg
Monounsaturated Fat (g):	21g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	226mg	% Refuse:	0%

**Carbohydrate (g):** 11g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 17g  
**Sodium (mg):** 1525mg  
**Potassium (mg):** 293mg  
**Calcium (mg):** 173mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 2952IU  
**Vitamin A (r.e.):** 887 1/2RE

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 2 1/2  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 13 1/2  
**Other Carbohydrates:** 0

---

## Nutrition Facts

Servings per Recipe: 9

---

### Amount Per Serving

**Calories** 757 **Calories from Fat:** 647

---

### % Daily Values\*

<b>Total Fat</b>	73g	113%
Saturated Fat	45g	227%
<b>Cholesterol</b>	226mg	75%
<b>Sodium</b>	1525mg	64%
<b>Total Carbohydrates</b>	11g	4%
Dietary Fiber	1g	3%
<b>Protein</b>	17g	

---

<b>Vitamin A</b>	59%
<b>Vitamin C</b>	1%
<b>Calcium</b>	17%
<b>Iron</b>	17%

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