

# Zippy Cheese Spread

Jenny Kraft

Gourmet Eating in South Carolina - (1985)

4 ounces sharp cheddar cheese, finely grated  
8 ounces cream cheese, softened  
1 teaspoon Worcestershire sauce  
dash tabasco sauce  
6 slices bacon, cooked crisp and crumbled

In a bowl, combine all of the ingredients. Blend well.

Serve with an assortment of crackers.

*This recipe may also be served hot with chips and crackers. To prepare: Combine the Cheddar cheese, cream cheese, Worcestershire and Tabasco in the top of a double-boiler. Cook, stirring frequently, until smooth and bubbly. Blend in the bacon bits.*

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Per Serving (excluding unknown items): 1471 Calories; 135g Fat (82.3% calories from fat); 57g Protein; 9g Carbohydrate; 0g Dietary Fiber; 400mg Cholesterol; 2029mg Sodium. Exchanges: 8 Lean Meat; 22 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	1471
% Calories from Fat:	82.3%
% Calories from Carbohydrates:	2.3%
% Calories from Protein:	15.4%
Total Fat (g):	135g
Saturated Fat (g):	80g
Monounsaturated Fat (g):	42g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	400mg
Carbohydrate (g):	9g
Dietary Fiber (g):	0g
Protein (g):	57g
Sodium (mg):	2029mg
Potassium (mg):	607mg
Calcium (mg):	1009mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	2.5mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	52mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.00%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	8
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

**Iron (mg):** 4mg  
**Zinc (mg):** 6mg  
**Vitamin C (mg):** 22mg  
**Vitamin A (i.u.):** 4443IU  
**Vitamin A (r.e.):** 1337 1/2RE

**Fat:** 22  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1471                      **Calories from Fat:** 1210

### % Daily Values\*

<b>Total Fat</b> 135g	208%
Saturated Fat 80g	402%
<b>Cholesterol</b> 400mg	133%
<b>Sodium</b> 2029mg	85%
<b>Total Carbohydrates</b> 9g	3%
Dietary Fiber 0g	0%
<b>Protein</b> 57g	
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<b>Vitamin A</b>	89%
<b>Vitamin C</b>	36%
<b>Calcium</b>	101%
<b>Iron</b>	24%

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