

Anchovy and Cream Cheese Filling

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 2/3 cup

*6 anchovy fillets
1/4 pound cream cheese, room
temperature
1 tablespoon sour cream
2 teaspoons fresh dill, finely chopped
1 teaspoon fresh chives, finely chopped
freshly ground pepper (to taste)*

In a small bowl, mash the anchovies.

Add the cream cheese, sour cream, dill, chives and pepper. Mix until thoroughly blended and fluffy.

Taste and adjust the seasoning.

Cover and refrigerate.

Per Serving (excluding unknown items): 478 Calories; 45g Fat (83.7% calories from fat); 16g Protein; 4g Carbohydrate; trace Dietary Fiber; 151mg Cholesterol; 1224mg Sodium. Exchanges: 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 8 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	478	Vitamin B6 (mg):	.1mg
% Calories from Fat:	83.7%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	3.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	13.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	45g	Folacin (mcg):	21mcg
Saturated Fat (g):	27g	Niacin (mg):	5mg
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	151mg	% Refused:	0.00%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	16g	Lean Meat:	2
Sodium (mg):	1224mg	Vegetable:	0
Potassium (mg):	292mg	Fruit:	0

Calcium (mg): 165mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 1822IU
Vitamin A (r.e.): 534 1/2RE

Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 478 Calories from Fat: 400

% Daily Values*

Total Fat	45g	69%
Saturated Fat	27g	136%
Cholesterol	151mg	50%
Sodium	1224mg	51%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	0%
Protein	16g	

Vitamin A	36%
Vitamin C	2%
Calcium	16%
Iron	14%

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