

# Prosciutto Filling

Sonia Uvezian

*The International Appetizer Cookbook (1984)*

## Yield: 1 1/2 cups

*1/2 pound prosciutto, minced*

*1/4 pound cream cheese, room temperature*

*2 to 4 tablespoons sour cream*

*2 tablespoons Italian flat-leaf parsley, minced*

*1 tablespoon chives, minced*

*salt (to taste)*

*freshly ground pepper (to taste)*

In a bowl, combine all of the ingredients. Mix until thoroughly blended.

Taste and adjust the seasoning.

Cover and refrigerate.

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Per Serving (excluding unknown items): 1825 Calories; 155g Fat (76.0% calories from fat); 86g Protein; 23g Carbohydrate; trace Dietary Fiber; 488mg Cholesterol; 6698mg Sodium. Exchanges: 10 1/2 Lean Meat; 0 Vegetable; 1 1/2 Non-Fat Milk; 26 1/2 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	1825	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	76.0%	Vitamin B12 (mcg):	3.9mcg
% Calories from Carbohydrates:	5.1%	Thiamin B1 (mg):	1.5mg
% Calories from Protein:	18.8%	Riboflavin B2 (mg):	1.4mg
Total Fat (g):	155g	Folacin (mcg):	79mcg
Saturated Fat (g):	91g	Niacin (mg):	9mg
Monounsaturated Fat (g):	48g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	488mg	% Refuse:	n n%
Carbohydrate (g):	23g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	86g	Lean Meat:	10 1/2
Sodium (mg):	6698mg	Vegetable:	0
Potassium (mg):	1964mg	Fruit:	0

**Calcium (mg):** 652mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 8mg  
**Vitamin C (mg):** 6mg  
**Vitamin A (i.u.):** 5384IU  
**Vitamin A (r.e.):** 1591 1/2RE

**Non-Fat Milk:** 1 1/2  
**Fat:** 26 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1825                      **Calories from Fat:** 1388

### % Daily Values\*

<b>Total Fat</b>	155g	238%
Saturated Fat	91g	456%
<b>Cholesterol</b>	488mg	163%
<b>Sodium</b>	6698mg	279%
<b>Total Carbohydrates</b>	23g	8%
Dietary Fiber	trace	0%
<b>Protein</b>	86g	

<b>Vitamin A</b>	108%
<b>Vitamin C</b>	9%
<b>Calcium</b>	65%
<b>Iron</b>	23%

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