

Chili and Monterey Jack Spread

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

1 package (8 ounce) cream cheese,
softened
1 can (15 ounce) chili without beans
1 package (8 ounce) Monterey Jack
cheese, softened

Spread the cream cheese in an eight-inch-square microwaveable dish.

Cover with chili and top with a generous amount of Pepper Jack cheese.

Microwave for 5 to 6 minutes or until the cheese is melted.

Serve with tortilla chips.

Per Serving (excluding unknown items): 1232 Calories; 115g Fat (83.3% calories from fat); 45g Protein; 7g Carbohydrate; 0g Dietary Fiber; 355mg Cholesterol; 1292mg Sodium. Exchanges: 6 1/2 Lean Meat; 19 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1232	Vitamin B6 (mg):	.2mg
% Calories from Fat:	83.3%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	2.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	14.5%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	115g	Folacin (mcg):	51mcg
Saturated Fat (g):	73g	Niacin (mg):	trace
Monounsaturated Fat (g):	33g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	355mg	% Refuse:	n n%
Carbohydrate (g):	7g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	45g	Lean Meat:	6 1/2
Sodium (mg):	1292mg	Vegetable:	0

Potassium (mg): 368mg
Calcium (mg): 1029mg
Iron (mg): 4mg
Zinc (mg): 5mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 4384IU
Vitamin A (r.e.): 1319 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 19 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1232 **Calories from Fat:** 1025

% Daily Values*

Total Fat 115g	177%
Saturated Fat 73g	363%
Cholesterol 355mg	118%
Sodium 1292mg	54%
Total Carbohydrates 7g	2%
Dietary Fiber 0g	0%
Protein 45g	
Vitamin A	88%
Vitamin C	0%
Calcium	103%
Iron	20%

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