

Nacho Cheese Spread

50 Burger Toppings
Food Network Magazine

8 ounces processed cheese, cubed
2 tablespoons pico de gallo
2 tablespoons chopped pickled jalapenos
2 tablespoons sliced black olives
2 tablespoons chopped scallions
1 teaspoon chili powder

In a bowl, microwave the processed cheese until melted and smooth, about 2 minutes.

Stir in the pico de gallo, jalapenos, black olives, scallions and chili powder.

Can be used as a hamburger topping.

Per Serving (excluding unknown items): 35 Calories; 2g Fat (51.4% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 421mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|-----------------------------|-------|
| Calories (kcal): | 35 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 51.4% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 40.7% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 7.8% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | 2g | Folacin (mcg): | 12mcg |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 1g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Refused: | n n% |
| Carbohydrate (g): | 4g | Food Exchanges | |
| Dietary Fiber (g): | 2g | Grain (Starch): | 0 |
| Protein (g): | 1g | Lean Meat: | 0 |
| Sodium (mg): | 421mg | Vegetable: | 1/2 |
| Potassium (mg): | 105mg | Fruit: | 0 |
| Calcium (mg): | 35mg | Non-Fat Milk: | 0 |
| Iron (mg): | 2mg | Fat: | 1/2 |
| Zinc (mg): | trace | Other Carbohydrates: | 0 |

