

Roquefort Cheese and Walnut Spread

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 1 cup

2 ounces Roquefort cheese
1/4 pound cream cheese, room temperature
1 tablespoon butter, room temperature
3 tablespoons toasted walnuts, chopped
1 tablespoon chives or scallion tops (optional), finely chopped
1 tablespoon tawny Port or Amaretto liqueur

In a bowl, combine the Roquefort, cream cheese, butter, walnuts, chives and Amaretto. Beat until the mixture is well blended and smooth.

Cover and chill.

Serve with crackers or thinly sliced pumpernickel bread.

Per Serving (excluding unknown items): 707 Calories; 68g Fat (86.0% calories from fat); 21g Protein; 4g Carbohydrate; 0g Dietary Fiber; 207mg Cholesterol; 1478mg Sodium. Exchanges: 3 Lean Meat; 12 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	707	Vitamin B6 (mg):	.1mg
% Calories from Fat:	86.0%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	2.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.7%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	68g	Folacin (mcg):	43mcg
Saturated Fat (g):	43g	Niacin (mg):	1mg
Monounsaturated Fat (g):	19g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	207mg	% Refuse:	n n%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	21g	Lean Meat:	3
Sodium (mg):	1478mg	Vegetable:	0

Potassium (mg): 191mg
Calcium (mg): 469mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 2647IU
Vitamin A (r.e.): 646RE

Fruit: 0
Non-Fat Milk: 0
Fat: 12
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 707 Calories from Fat: 608

% Daily Values*

Total Fat	68g	105%
Saturated Fat	43g	215%
Cholesterol	207mg	69%
Sodium	1478mg	62%
Total Carbohydrates	4g	1%
Dietary Fiber	0g	0%
Protein	21g	
<hr/>		
Vitamin A		53%
Vitamin C		0%
Calcium		47%
Iron		9%

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