

Lancaster Fresh™

Pineapple Pecan Cheesepread Mix™

GOURMET DIP MIX

NET WT 2 OZ (56g)

Simple to prepare!

Ingredients needed:

- » Pineapple Pecan Cheesepread Mix
- » 1 cup sour cream
- » 8 oz. cream cheese, softened
- » 20 oz. can crushed pineapple, drained

You may use lowfat or nonfat products with this mix, although results may vary.

Complete directions and recipe inside.

Ingredients: onions, bell pepper, pecans (tree nut), spices and colorings, salt, citric acid, garlic, sugar, cornstarch, garlic powder, BHA/BHT and less than 0.5% tricalcium phosphate and calcium stearate to prevent caking.

Contains: pecans (tree nut)

For optimum shelf life, store dry mix in your refrigerator or freezer.

Distributed By:

ICC Global Trade, LLC

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United States of America

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Nutrition Facts

Serving Size 2 Tablespoons (32g)

Servings Per Container about 35

Amount Per Serving	Mix	with added ingredients
Calories	11	50
Calories from Fat	6	34
	% Daily Value**	
Total Fat 1g*	0%	6%
Saturated Fat 0g	0%	10%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	3%
Sodium 55mg	2%	3%
Total Carbohydrate 1g	0%	1%
Dietary Fiber 0g	0%	0%
Sugars 0g	-	-
Protein 0g	-	-
Vitamin A	1%	2%
Vitamin C	8%	10%
Calcium	0%	2%
Iron	0%	0%

*Amount in Pineapple Pecan Cheesepread Mix.

Added ingredients contribute an additional 39 calories, 3g total fat, 2g saturated fat, 0g trans fat, 10mg cholesterol, 24mg sodium, 3g total carbohydrate (2g sugar), 1g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

PINEAPPLE PECAN CHEESESREAD™

Ingredients needed:

- » **Pineapple Pecan Cheesespread Mix**
- » 1 cup sour cream
- » 8 oz. cream cheese, softened*
- » 20 oz. can crushed pineapple, drained

You may use lowfat or nonfat products with this mix, although results may vary.

**Cream cheese may be softened in microwave. Blend cream cheese to avoid any “hot spots” before adding to recipe.*

Directions:

Blend sour cream and cream cheese. Add entire packet of mix and pineapple. Mix well. Chill 4 hours. Stir before serving. Serve with wheat crackers, butter-type crackers, celery sticks or on bagels. Keep prepared spread refrigerated.

PINEAPPLE PECAN CHEESEBALL

Add entire packet to 16 oz. cream cheese, softened, and 20 oz. can crushed pineapple, well drained. Mix well. Shape into ball. Chill overnight. Serve with wheat crackers. Optional: roll cheeseball in ground or chopped pecans.

TROPICAL HAM ROLL-UPS

Follow recipe for cheeseball; spread mixture onto ham slices. Roll into tube shapes and chill 4 hours. Slice into circles. Serve.

PINEAPPLE PECAN CHICKEN SALAD

Make Pineapple Pecan Cheesespread Mix according to directions. Fold in 2 cups of cooked cubed chicken. If mixture is too thick you may thin with mayonnaise (use real mayonnaise, not salad dressing such as Miracle Whip®). Allow to chill overnight or a minimum of 6 hours.

Tastes great served on mini-croissants or on Honey Wheat Cocktail Bread by Rubschlager® (usually found in deli section).