

Salmon Party Ball

Phyllis Jones - Hutchinson Island
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2 cups canned salmon
8 ounces cream cheese
1 tablespoon lemon juice
2 tablespoons grated lemon
1 tablespoon horseradish
1/2 cup chopped pecans
3 tablespoons fresh parsley, chopped
crackers (to serve)

In a bowl, combine the salmon, cream cheese, lemon juice, onion and horseradish. Mix thoroughly.

Form the mixture into a ball and chill for several hours until set.

Just before serving, roll in the pecans and parsley until coated.

Per Serving (excluding unknown items): 1845 Calories; 147g Fat (71.2% calories from fat); 114g Protein; 21g Carbohydrate; 5g Dietary Fiber; 503mg Cholesterol; 3254mg Sodium. Exchanges: 1/2 Grain(Starch); 13 Lean Meat; 0 Vegetable; 0 Fruit; 22 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1845	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	71.2%	Vitamin B12 (mcg):	21.3mcg
% Calories from Carbohydrates:	4.4%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	24.4%	Riboflavin B2 (mg):	1.4mg
Total Fat (g):	147g	Folacin (mcg):	143mcg
Saturated Fat (g):	60g	Niacin (mg):	31mg
Monounsaturated Fat (g):	56g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	22g	Alcohol (kcal):	0
Cholesterol (mg):	503mg	% Refuse:	n n%
Carbohydrate (g):	21g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	1/2
Protein (g):	114g	Lean Meat:	13
Sodium (mg):	3254mg	Vegetable:	0
Potassium (mg):	2144mg	Fruit:	0

Calcium (mg): 1214mg
Iron (mg): 9mg
Zinc (mg): 9mg
Vitamin C (mg): 27mg
Vitamin A (i.u.): 4155IU
Vitamin A (r.e.): 1129 1/2RE

Non-Fat Milk: 0
Fat: 22 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1845 **Calories from Fat:** 1313

% Daily Values*

Total Fat 147g	227%
Saturated Fat 60g	301%
Cholesterol 503mg	168%
Sodium 3254mg	136%
Total Carbohydrates 21g	7%
Dietary Fiber 5g	21%
Protein 114g	
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Vitamin A	83%
Vitamin C	45%
Calcium	121%
Iron	48%

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