

Salmon Cheese Balls

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Community Living Committee - All Saint's Church Hammond, IN 1987

1 large can red salmon, drained
1 package (8 ounce) cream cheese
1 tablespoon onion, grated
1 teaspoon horseradish
1 tablespoon lemon juice
1/4 teaspoon liquid smoke
1/4 teaspoon salt
crushed nuts

In a bowl, mix all of the ingredients together.

Divide into two parts.

Roll into balls and coat with crushed nuts.

Refrigerate.

Serve with crackers.

Per Serving (excluding unknown items): 918 Calories; 84g Fat (81.2% calories from fat); 35g Protein; 9g Carbohydrate; trace Dietary Fiber; 299mg Cholesterol; 1282mg Sodium. Exchanges: 5 Lean Meat; 0 Vegetable; 0 Fruit; 15 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	918	Vitamin B6 (mg):	.3mg
% Calories from Fat:	81.2%	Vitamin B12 (mcg):	3.5mcg
% Calories from Carbohydrates:	3.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	14.9%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	84g	Folacin (mcg):	38mcg
Saturated Fat (g):	51g	Niacin (mg):	5mg
Monounsaturated Fat (g):	24g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	299mg	% Refuse:	n n%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	35g	Lean Meat:	5
Sodium (mg):	1282mg	Vegetable:	0
Potassium (mg):	604mg	Fruit:	0

Calcium (mg): 207mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 3414IU
Vitamin A (r.e.): 1027 1/2RE

Non-Fat Milk: 0
Fat: 15
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 918 Calories from Fat: 746

% Daily Values*

Total Fat	84g		129%
	Saturated Fat	51g	257%
Cholesterol	299mg		100%
Sodium	1282mg		53%
Total Carbohydrates	9g		3%
	Dietary Fiber	trace	1%
Protein	35g		
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Vitamin A			68%
Vitamin C			15%
Calcium			21%
Iron			19%

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