

Salmon Canape's

*Most Loved Appetizers
Company's Coming Publishing Limited*

Yield: 60 canape's

2 cans (7-1/2 ounce ea) salmon,
drained, bones removed and flaked
8 ounces cream cheese, softened
1 can (6-1/2 ounce) flaked ham
2 teaspoons lemon juice
1 teaspoon prepared horseradish
1 teaspoon liquid smoke flavoring
1/4 teaspoon onion powder
2 teaspoons paprika
60 crackers (or small cocktail-size
bread slices)
chopped fresh parsley (for garnish)

In a medium bowl, place the salmon, cream
cheese, ham, lemon juice, horseradish, liquid
smoke, onion powder and paprika. Mix well.

Spread about two teaspoons of the salmon
mixture on each cracker.

Sprinkle with parsley.

Per Serving (excluding unknown
items): 1010 Calories; 86g Fat
(75.5% calories from fat); 52g
Protein; 11g Carbohydrate; 1g
Dietary Fiber; 337mg Cholesterol;
819mg Sodium. Exchanges: 0
Grain(Starch); 7 1/2 Lean Meat; 0
Fruit; 14 1/2 Fat; 0 Other
Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1010
% Calories from Fat:	75.5%
% Calories from Carbohydrates:	4.1%
% Calories from Protein:	20.3%
Total Fat (g):	86g
Saturated Fat (g):	51g
Monounsaturated Fat (g):	24g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	337mg
Carbohydrate (g):	11g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	6.1mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	47mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
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Protein (g): 52g
Sodium (mg): 819mg
Potassium (mg): 958mg
Calcium (mg): 217mg
Iron (mg): 5mg
Zinc (mg): 2mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 6229IU
Vitamin A (r.e.): 1313 1/2RE

Lean Meat: 7 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 14 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1010 **Calories from Fat:** 763

% Daily Values*

Total Fat 86g	132%
Saturated Fat 51g	254%
Cholesterol 337mg	112%
Sodium 819mg	34%
Total Carbohydrates 11g	4%
Dietary Fiber 1g	5%
Protein 52g	
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Vitamin A	125%
Vitamin C	17%
Calcium	22%
Iron	29%

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