

All-Purpose Horseradish Spread

*Susan Feniger and Mary Sue Milliken
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2 tablespoons mayonnaise
1 tablespoon prepared horseradish
1 tablespoon Dijon mustard

In a bowl, mix the ingredients.

Serve with grilled or roasted beef. Also, can be served by spreading on the bread for sandwiches made of beef, turkey, chicken or pork.

Per Serving (excluding unknown items): 216 Calories; 24g Fat (93.4% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 391mg Sodium. Exchanges: 0 Lean Meat; 2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	216	Vitamin B6 (mg):	.2mg
% Calories from Fat:	93.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	4.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	24g	Folacin (mcg):	12mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	12g	Alcohol (kcal):	0
Cholesterol (mg):	10mg	% Refuse:	n n%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	391mg	Vegetable:	0
Potassium (mg):	66mg	Fruit:	0
Calcium (mg):	26mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	2
Zinc (mg):	trace	Other Carbohydrates:	0

Vitamin C (mg): 4mg
Vitamin A (i.u.): 77IU
Vitamin A (r.e.): 15 1/2RE

Nutrition Facts

Amount Per Serving

Calories 216 Calories from Fat: 201

% Daily Values*

Total Fat 24g	37%
Saturated Fat 3g	16%
Cholesterol 10mg	3%
Sodium 391mg	16%
Total Carbohydrates 3g	1%
Dietary Fiber 1g	4%
Protein 1g	
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Vitamin A	2%
Vitamin C	6%
Calcium	3%
Iron	3%

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