

Corned Beef Spread

Anita McLemore - Knoxville, TN
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Yield: 6 1/2 cups

1 (four pound) corned beef brisket,
trimmed
5 cups water
1 large onion, coarsely chopped
1 can (16 ounce) shredded
sauerkraut, drained
1 1/3 cups sliced dill pickles
1/2 cup mayonnaise

Place the corned beef brisket in a Dutch oven. Add water. Bring to a boil. Reduce the heat, cover and simmer for four hours or until the brisket is tender. Remove from the heat. Let cool.

Drain the brisket. Cut into one-inch cubes.

In a food processor, add one-half the brisket, one-half of the onion, one-half of the sauerkraut and one-half of the pickles. Top with the cover and PULSE five or six times or until coarsely ground. Remove to a large mixing bowl.

Repeat the procedure with the remaining beef cubes, onion, sauerkraut and pickles.

Stir in the mayonnaise.

Serve with bread or crackers.

Per Serving (excluding unknown items): 886 Calories; 98g Fat (93.2% calories from fat); 7g Protein; 10g Carbohydrate; 2g Dietary Fiber; 54mg Cholesterol; 699mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 8 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	886	Vitamin B6 (mg):	.8mg
% Calories from Fat:	93.2%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	4.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.8%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 98g
Saturated Fat (g): 14g
Monounsaturated Fat (g): 27g
Polyunsaturated Fat (g): 46g
Cholesterol (mg): 54mg
Carbohydrate (g): 10g
Dietary Fiber (g): 2g
Protein (g): 7g
Sodium (mg): 699mg
Potassium (mg): 294mg
Calcium (mg): 67mg
Iron (mg): 1mg
Zinc (mg): 2mg
Vitamin C (mg): 15mg
Vitamin A (i.u.): 308IU
Vitamin A (r.e.): 61 1/2RE

Folacin (mcg): 31mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 8 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 886 Calories from Fat: 826

% Daily Values*

Total Fat	98g	151%
Saturated Fat	14g	72%
Cholesterol	54mg	18%
Sodium	699mg	29%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	8%
Protein	7g	
Vitamin A		6%
Vitamin C		24%
Calcium		7%
Iron		8%

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