

Salmon Cheese Spread

*"Fruits of the Spirit" (2001) - Audra Reeder
Grapevine United Methodist Church - Port St. Lucie, FL*

*1 package (8 ounce) cream cheese,
softened
1 can salmon, drained with bones and
skin removed
1/3 cup Cheddar cheese, shredded
1/4 cup sweet pickle relish
French bread or crackers*

In a bowl, combine the cream cheese, salmon,
Cheddar cheese and relish.

Spread on bread or crackers.

Per Serving (excluding unknown
items): 1138 Calories; 97g Fat
(75.1% calories from fat); 44g
Protein; 28g Carbohydrate; 2g
Dietary Fiber; 338mg Cholesterol;
1469mg Sodium. Exchanges: 6
Lean Meat; 16 1/2 Fat; 1 1/2 Other
Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1138	Vitamin B6 (mg):	.3mg
% Calories from Fat:	75.1%	Vitamin B12 (mcg):	3.8mcg
% Calories from Carbohydrates:	9.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	15.2%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	97g	Folacin (mcg):	41mcg
Saturated Fat (g):	59g	Niacin (mg):	5mg
Monounsaturated Fat (g):	27g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	338mg	% Refuse:	n n%
Carbohydrate (g):	28g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	44g	Lean Meat:	6
Sodium (mg):	1469mg	Vegetable:	0
Potassium (mg):	604mg	Fruit:	0
Calcium (mg):	468mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	16 1/2
Zinc (mg):	3mg	Other Carbohydrates:	1 1/2

Vitamin C (mg): 1mg
Vitamin A (i.u.): 3902IU
Vitamin A (r.e.): 1155 1/2RE

Nutrition Facts

Amount Per Serving

Calories 1138 Calories from Fat: 855

% Daily Values*

Total Fat 97g	148%
Saturated Fat 59g	297%
Cholesterol 338mg	113%
Sodium 1469mg	61%
Total Carbohydrates 28g	9%
Dietary Fiber 2g	7%
Protein 44g	
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Vitamin A	78%
Vitamin C	1%
Calcium	47%
Iron	23%

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