

Salmon and Horseradish Spread

Nancy J. Holmberg - Pinehurst, NC
Southern Living - 1987 Annual Recipes

Yield: 3 cups

1 can (15-1/2 ounce) pink salmon
1 package (8 ounce) cream cheese,
softened
1/4 cup sour cream
1/4 cup prepared horseradish
1 tablespoon pickle relish
1/4 teaspoon salt
1/8 teaspoon garlic powder
lettuce leaves
paprika

Drain and flake the salmon. Remove and discard the bones and skin, if desired.

Add the cream cheese, sour cream, horseradish, pickle relish, salt and garlic powder. Stir well.

Chill for several hours.

Place lettuce leaves on a serving platter. Spoon the mixture onto the lettuce leaves. Sprinkle with paprika.

Serve with assorted crackers.

Per Serving (excluding unknown items): 1061 Calories; 96g Fat (80.5% calories from fat); 37g Protein; 16g Carbohydrate; 2g Dietary Fiber; 324mg Cholesterol; 1495mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Non-Fat Milk; 17 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1061
% Calories from Fat:	80.5%
% Calories from Carbohydrates:	5.8%
% Calories from Protein:	13.7%
Total Fat (g):	96g
Saturated Fat (g):	59g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	324mg
Carbohydrate (g):	16g
	2g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	3.7mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	74mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): 37g
Sodium (mg): 1495mg
Potassium (mg): 786mg
Calcium (mg): 301mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 15mg
Vitamin A (i.u.): 3866IU
Vitamin A (r.e.): 1163 1/2RE

Grain (Starch):
Lean Meat: 5
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 17 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 1061 **Calories from Fat:** 854

% Daily Values*

Total Fat 96g	148%
Saturated Fat 59g	295%
Cholesterol 324mg	108%
Sodium 1495mg	62%
Total Carbohydrates 16g	5%
Dietary Fiber 2g	8%
Protein 37g	
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Vitamin A	77%
Vitamin C	26%
Calcium	30%
Iron	21%

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