

Cardinal Salad

Mary B. jolley
Gourmet Eating in South Carolina - (1985)

1 can shoestring beets, drained and
juice reserved
3/4 cup celery, diced
1 package lemon flavored gelatin
1 cup boiling water
3/4 cup beet juice
3 tablespoons vinegar
1 tablespoon prepared horseradish
1/2 teaspoon salt
2 teaspoons onion, grated

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Dissolve the gelatin in the boiling water.

Add 3/4 cup of the reserved beet juice, vinegar,
horseradish, salt and onion.

Chill until about to set. Fold in the beets and
celery.

Place the mixture in a mold. Chill until firm.

Unmold the gelatin onto a bed of lettuce.

Serve with mayonnaise.

Per Serving (excluding unknown
items): 30 Calories; trace Fat (5.2%
calories from fat); 1g Protein; 8g
Carbohydrate; 2g Dietary Fiber;
0mg Cholesterol; 1199mg Sodium.
Exchanges: 0 Lean Meat; 1/2
Vegetable; 1/2 Other
Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	30
% Calories from Fat:	5.2%
% Calories from Carbohydrates:	85.2%
% Calories from Protein:	9.6%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	8g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	35mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Dietary Fiber (g): 2g
 Protein (g): 1g
 Sodium (mg): 1199mg
 Potassium (mg): 351mg
 Calcium (mg): 60mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 10mg
 Vitamin A (i.u.): 121IU
 Vitamin A (r.e.): 11 1/2RE

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

Nutrition Facts

Amount Per Serving

Calories 30 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1199mg	50%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	9%
Protein	1g	
Vitamin A		2%
Vitamin C		17%
Calcium		6%
Iron		4%

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