

Cold Horseradish Sauce with Sour Cream (Umak od Hrena)

Inge Kramarç - *The Balcan Cookbook*
The Good Cook Sauces - Time-Life Books

Yield: 1 cup

1/2 cup freshly grated horseradish
1/4 cup sour cream
salt
1 teaspoon sugar
2 tablespoons vinegar or fresh lemon juice
1 hard-boiled egg yolk

Pour the sour cream over the horseradish.

Add salt to taste, sugar and the vinegar or lemon juice.

Press the egg yolk through a sieve into the sauce. Mix well.

Serve this fish with ham, fish or boiled beef.

Per Serving (excluding unknown items): 139 Calories; 12g Fat (76.3% calories from fat); 2g Protein; 7g Carbohydrate; 0g Dietary Fiber; 26mg Cholesterol; 31mg Sodium. Exchanges: 0 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	139
% Calories from Fat:	76.3%
% Calories from Carbohydrates:	18.6%
% Calories from Protein:	5.1%
Total Fat (g):	12g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	26mg
Carbohydrate (g):	7g
Dietary Fiber (g):	0g
Protein (g):	2g
Sodium (mg):	31mg
Potassium (mg):	83mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0

Calcium (mg): 67mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 454IU
Vitamin A (r.e.): 136 1/2RE

Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 139 Calories from Fat: 106

% Daily Values*

Total Fat	12g	19%
Saturated Fat	8g	38%
Cholesterol	26mg	9%
Sodium	31mg	1%
Total Carbohydrates	7g	2%
Dietary Fiber	0g	0%
Protein	2g	

Vitamin A	9%
Vitamin C	1%
Calcium	7%
Iron	0%

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