

Cucumber Sauce

Southern Living - 1984 Annual Recipes

Yield: 1 1/2 cups

1/2 cup cucumber, peeled, seeded and chopped

1/2 cup mayonnaise

1/2 cup sour cream

1 tablespoon green onions with tops, chopped

1/2 teaspoon fresh parsley, chopped

1/8 to 1/4 teaspoon salt

1/4 teaspoon dried whole dillweed

In a bowl, combine all of the ingredients. Stir well.

Per Serving (excluding unknown items): 1042 Calories; 118g Fat (95.7% calories from fat); 5g Protein; 7g Carbohydrate; trace Dietary Fiber; 90mg Cholesterol; 944mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Non-Fat Milk; 13 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1042
% Calories from Fat:	95.7%
% Calories from Carbohydrates:	2.4%
% Calories from Protein:	1.9%
Total Fat (g):	118g
Saturated Fat (g):	28g
Monounsaturated Fat (g):	32g
Polyunsaturated Fat (g):	46g
Cholesterol (mg):	90mg
Carbohydrate (g):	7g
Dietary Fiber (g):	trace
Protein (g):	5g
Sodium (mg):	944mg
Potassium (mg):	290mg
Calcium (mg):	168mg

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	29mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

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

Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 1376IU
Vitamin A (r.e.): 350RE

Fat: 13
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	1042	Calories from Fat: 998
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% Daily Values*

Total Fat	118g	181%
Saturated Fat	28g	140%
Cholesterol	90mg	30%
Sodium	944mg	39%
Total Carbohydrates	7g	2%
Dietary Fiber	trace	2%
Protein	5g	

Vitamin A	28%
Vitamin C	8%
Calcium	17%
Iron	5%

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