

# Horseradish Sauce III

*Southern Living - 1984 Annual Recipes*

## Yield: 1 1/2 cups

*3/4 cup whipping cream, whipped  
2 teaspoons prepared horseradish  
1 teaspoon fresh dillweed, minced  
1/4 teaspoon garlic salt  
minced fresh dillweed (for garnish)*

In a bowl, combine the whipped cream, horseradish, dillweed and garlic salt. Mix well.

Spoon into a serving container.

Sprinkle with dillweed.

Per Serving (excluding unknown items): 621 Calories; 66g Fat (93.6% calories from fat); 4g Protein; 6g Carbohydrate; 1g Dietary Fiber; 245mg Cholesterol; 611mg Sodium. Exchanges: 0 Lean Meat; 1/2 Non-Fat Milk; 13 Fat; 0 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	621	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	93.6%	<b>Vitamin B12 (mcg):</b>	.3mcg
<b>% Calories from Carbohydrates:</b>	4.0%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	2.4%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	66g	<b>Folacin (mcg):</b>	12mcg
<b>Saturated Fat (g):</b>	41g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	19g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	245mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	6g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	4g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	611mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	159mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	121mg	<b>Non-Fat Milk:</b>	1/2
<b>Iron (mg):</b>	trace	<b>Fat:</b>	13
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	4mg		

Vitamin A (i.u.): 2624IU  
Vitamin A (r.e.): 751 1/2RE

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## Nutrition Facts

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### Amount Per Serving

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<b>Calories</b>	621	Calories from Fat: 582
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### % Daily Values\*

<b>Total Fat</b>	66g	102%
Saturated Fat	41g	206%
<b>Cholesterol</b>	245mg	82%
<b>Sodium</b>	611mg	25%
<b>Total Carbohydrates</b>	6g	2%
Dietary Fiber	1g	2%
<b>Protein</b>	4g	

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<b>Vitamin A</b>	52%
<b>Vitamin C</b>	6%
<b>Calcium</b>	12%
<b>Iron</b>	1%

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