

# Horseradish Sauce

Norman D Mitchell  
Lacare Art League - Hammond, IN (1986)

**Yield: 2 cups**  
2 cups sour cream  
6 tablespoons mayonnaise  
1/2 teaspoon salt  
1/4 teaspoon paprika  
4 tablespoons horseradish, grated  
parsley (if desired)

In a bowl, combine all of the ingredients. Mix well.  
  
Chill.  
  
Serve with cold or hots meats.

Per Serving (excluding unknown items): 1606 Calories; 167g Fat (89.7% calories from fat); 16g Protein; 27g Carbohydrate; 2g Dietary Fiber; 233mg Cholesterol; 1849mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Non-Fat Milk; 25 1/2 Fat; 1/2 Other Carbohydrates.

Sauces

## Per Serving Nutritional Analysis

Calories (kcal):	1606	Vitamin B6 (mg):	.6mg
% Calories from Fat:	89.7%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	6.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	167g	Folacin (mcg):	57mcg
Saturated Fat (g):	70g	Niacin (mg):	1mg
Monounsaturated Fat (g):	47g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	38g	Alcohol (kcal):	0
Cholesterol (mg):	233mg	% Refuse:	0.00%
Carbohydrate (g):	27g	<b>Food Exchanges</b>	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	16g	Lean Meat:	0
Sodium (mg):	1849mg	Vegetable:	0
Potassium (mg):	913mg	Fruit:	0
Calcium (mg):	602mg	Non-Fat Milk:	1 1/2
Iron (mg):	1mg	Fat:	25 1/2
Zinc (mg):	2mg	Other Carbohydrates:	1/2

Vitamin C (mg): 19mg  
Vitamin A (i.u.): 4213IU  
Vitamin A (r.e.): 1171RE

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## Nutrition Facts

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### Amount Per Serving

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<b>Calories</b>	1606	Calories from Fat: 1440
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### % Daily Values\*

<b>Total Fat</b>	167g	256%
Saturated Fat	70g	349%
<b>Cholesterol</b>	233mg	78%
<b>Sodium</b>	1849mg	77%
<b>Total Carbohydrates</b>	27g	9%
Dietary Fiber	2g	6%
<b>Protein</b>	16g	

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<b>Vitamin A</b>	84%
<b>Vitamin C</b>	32%
<b>Calcium</b>	60%
<b>Iron</b>	8%

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