

Horseradish-Sour Cream

Southern Living -1986 Annual Recipes

Yield: 1 3/4 cups

1 carton (8 ounce) sour cream
1/4 cup margarine
2 to 2-1/2 tablespoons prepared horseradish
1/8 teaspoon salt
1/4 teaspoon white pepper
fresh parsley (for garnish), chopped

In a bowl, combine the sour cream, margarine, horseradish, salt and pepper. Stir well. Cover and chill.

Garnish with parsley.

Per Serving (excluding unknown items): 915 Calories; 94g Fat (90.5% calories from fat); 8g Protein; 14g Carbohydrate; 1g Dietary Fiber; 102mg Cholesterol; 1006mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 18 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	915	Vitamin B6 (mg):	.1mg
% Calories from Fat:	90.5%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	6.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.5%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	94g	Folacin (mcg):	43mcg
Saturated Fat (g):	38g	Niacin (mg):	trace
Monounsaturated Fat (g):	36g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	15g	Alcohol (kcal):	0
Cholesterol (mg):	102mg	% Refuse:	0 0%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	8g	Lean Meat:	0
Sodium (mg):	1006mg	Vegetable:	0
Potassium (mg):	429mg	Fruit:	0
Calcium (mg):	305mg	Non-Fat Milk:	1/2
Iron (mg):	trace	Fat:	18 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0

Vitamin C (mg): 10mg
Vitamin A (i.u.): 3835IU
Vitamin A (r.e.): 996 1/2RE

Nutrition Facts

Amount Per Serving

Calories	915	Calories from Fat: 828
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% Daily Values*

Total Fat	94g	144%
Saturated Fat	38g	190%
Cholesterol	102mg	34%
Sodium	1006mg	42%
Total Carbohydrates	14g	5%
Dietary Fiber	1g	5%
Protein	8g	

Vitamin A	77%
Vitamin C	16%
Calcium	30%
Iron	2%

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