Horseradish Cheese Ball

Mary Ellen Geary Lacare Art League - Hammond, IN (1986)

2 packages (8 ounce ea) cream cheese 1 teaspoon onion salt

1 teaspoon celery salt 1 tablespoon horseradish 1 cup onion, chopped

chopped nuts

Mix all of the ingredients in a small bowl.

Shape into a ball.

Refrigerate overnight.

Before serving, roll the ball in chopped nuts.

Per Serving (excluding unknown items): 1694 Calories; 162g Fat (84.6% calories from fat); 37g Protein; 29g Carbohydrate; 4g Dietary Fiber; 509mg Cholesterol; 4576mg Sodium. Exchanges: 5 Lean Meat; 2 1/2 Vegetable; 30 Fat; 0 Other Carbohydrates.

Appetizers

Dar Camina Mutritional Analysis

Calories (kcal):	1694	Vitamin B6 (mg):	.4mg
% Calories from Fat:	84.6%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	6.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.7%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	162g	Folacin (mcg):	92mcg
Saturated Fat (g):	102g	Niacin (mg):	1mg
Monounsaturated Fat (g):	46g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0 0 0%
Cholesterol (mg):	509mg		
Carbohydrate (g):	29g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	37g	Lean Meat:	5
Sodium (mg):	4576mg	Vegetable:	2 1/2
Potassium (mg):	856mg	Fruit:	0
Calcium (mg):	414mg	Non-Fat Milk:	0
Iron (mg):	6mg	Fat:	30

Zinc (mg):	3mg	Other Carbohydrates:	0
Vitamin C (mg):	14mg		
Vitamin A (i.u.):	6621IU		
Vitamin A (r.e.):	1995RE		

Nutrition Facts

Calories 1694 Calories from Fat: 1434 "Total Fat 162g 250% Saturated Fat 102g 510% Cholesterol 509mg 170% Sodium 4576mg 191% Total Carbohydrates 29g 10% Dietary Fiber 4g 14% Protein 37g 132% Vitamin A 132% Vitamin C 23% Calcium 41%	Amount Por Soming	
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Dietary Fiber Protein 4g 14% Vitamin A Vitamin C Calcium 132% Vitamin C Alicium 23% Vitamin C Alicium 41%	Sodium 4576mg	191%
Protein 37g Vitamin A 132% Vitamin C 23% Calcium 41%	Total Carbohydrates 29g	10%
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Vitamin C 23% Calcium 41%	Protein 37g	
Calcium 41%	Vitamin A	132%
	Vitamin C	23%
Iron 34%	Calcium	41%
3470	Iron	34%

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