

Braunschweiger Ball

Lois Forseille

Gourmet Eating in South Carolina

3/4 pound Braunschweiger
2 tablespoons mustard
1 package (8 ounce) cream cheese
3 tablespoons onions, diced
chopped parsley
olive slices (for garnish) (optional)
pickle slices (for garnish) (optional)

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In a bowl, combine the Braunschweiger, mustard, cream cheese and onions.

Form into a ball.

Roll in the chopped parsley.

Decorate with olives or pickles. Serve with crackers.

Per Serving (excluding unknown items): 2066 Calories; 191g Fat (83.3% calories from fat); 65g Protein; 21g Carbohydrate; 1g Dietary Fiber; 786mg Cholesterol; 4954mg Sodium. Exchanges: 9 Lean Meat; 1/2 Vegetable; 32 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2066	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	83.3%	Vitamin B12 (mcg):	69.3mcg
% Calories from Carbohydrates:	4.1%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	12.6%	Riboflavin B2 (mg):	5.6mg
Total Fat (g):	191g	Folacin (mcg):	189mcg
Saturated Fat (g):	88g	Niacin (mg):	29mg
Monounsaturated Fat (g):	74g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	16g	Alcohol (kcal):	0
Cholesterol (mg):	786mg	% Refused:	0 0%
Carbohydrate (g):	21g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	65g	Lean Meat:	9
Sodium (mg):	4954mg	Vegetable:	1/2
Potassium (mg):	1041mg	Fruit:	0

Calcium (mg): 247mg
Iron (mg): 35mg
Zinc (mg): 11mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 51154IU
Vitamin A (r.e.): 15366 1/2RE

Non-Fat Milk: 0
Fat: 32 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 2066 **Calories from Fat:** 1721

% Daily Values*

Total Fat	191g	294%
Saturated Fat	88g	441%
Cholesterol	786mg	262%
Sodium	4954mg	206%
Total Carbohydrates	21g	7%
Dietary Fiber	1g	5%
Protein	65g	

Vitamin A	1023%
Vitamin C	3%
Calcium	25%
Iron	196%

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