

Corned Beef and Horseradish Dip

Greenvale Manor Inn - Mollusk, VA
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 8

1 can (12 ounce) corned beef brisket
1 jar (5 ounce) horseradish
1 cup mayonnaise
1 medium onion, chopped fine
Worcestershire sauce (to taste)
pepper (to taste)
parsley (for garnish), chopped

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In a bowl, combine all of the ingredients.

Mix well and refrigerate for several hours or overnight.

Sprinkle with parsley.

Serve with crackers.

Per Serving (excluding unknown items): 210 Calories; 24g Fat (95.7% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 163mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	210	Vitamin B6 (mg):	.2mg
% Calories from Fat:	95.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	2.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	24g	Folacin (mcg):	5mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	11g	Alcohol (kcal):	0
Cholesterol (mg):	12mg	% Refuse:	n n%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	163mg	Vegetable:	0
Potassium (mg):	48mg	Fruit:	0

Calcium (mg): 9mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 77IU
Vitamin A (r.e.): 15 1/2RE

Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 210 **Calories from Fat:** 201

% Daily Values*

Total Fat	24g	37%
Saturated Fat	3g	17%
Cholesterol	12mg	4%
Sodium	163mg	7%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	1g	

Vitamin A	2%
Vitamin C	4%
Calcium	1%
Iron	1%

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