

Horseradish Cheese Ball

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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

Per Serving Nutritional 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	Folic acid (mcg):	92mcg
Saturated Fat (g):	102g	Niacin (mg):	1mg
Monounsaturated Fat (g):	46g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	509mg	% Refuse:	n n%
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
 Vitamin C (mg): 14mg
 Vitamin A (i.u.): 6621IU
 Vitamin A (r.e.): 1995RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1694 Calories from Fat: 1434

% Daily Values*

Total Fat	162g	250%
Saturated Fat	102g	510%
Cholesterol	509mg	170%
Sodium	4576mg	191%
Total Carbohydrates	29g	10%
Dietary Fiber	4g	14%
Protein	37g	
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Vitamin A		132%
Vitamin C		23%
Calcium		41%
Iron		34%

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