

Jezebel Dip

Mrs. William T. Heflin

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

1 jar (10 ounce) apple jelly
1 jar (5 ounce) horseradish
1 jar (12 ounce) pineapple preserves
or marmalade

In a saucepan, mix all of the ingredients. Heat until melted.

Cool to warm temperature.

Serve with ham cubes, sausage balls or pork bits on toothpicks.

The leftover sauce may be stored indefinitely in the refrigerator.

Per Serving (excluding unknown items): 57 Calories; trace Fat (0.4% calories from fat); trace Protein; 15g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 32mg Sodium. Exchanges: 1 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|-----------------------|-------|
| Calories (kcal): | 57 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 0.4% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 98.0% | Thiamin B1 (mg): | 0mg |
| % Calories from Protein: | 1.5% | Riboflavin B2 (mg): | 0mg |
| Total Fat (g): | trace | Folacin (mcg): | trace |
| Saturated Fat (g): | 0g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 0g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Refuse: | n n% |
| Carbohydrate (g): | 15g | Food Exchanges | |
| Dietary Fiber (g): | trace | Grain (Starch): | 0 |
| Protein (g): | trace | Lean Meat: | 0 |
| Sodium (mg): | 32mg | Vegetable: | 0 |

Potassium (mg): 52mg
Calcium (mg): 11mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 57 Calories from Fat: 0

% Daily Values*

| | | |
|----------------------------|-------|----|
| Total Fat | trace | 0% |
| Saturated Fat | 0g | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 32mg | 1% |
| Total Carbohydrates | 15g | 5% |
| Dietary Fiber | trace | 1% |
| Protein | trace | |
| <hr/> | | |
| Vitamin A | | 0% |
| Vitamin C | | 6% |
| Calcium | | 1% |
| Iron | | 1% |

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