

Salmon Party Ball II

Donna Miller and Nancy Kumin

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Yield: 3 cups

- 1 can (13 ounce) red salmon
- 1 package (8 ounce) cream cheese, softened
- 1 tablespoon lemon juice
- 2 teaspoons onion, grated
- 1 teaspoon prepared horseradish
- 1/2 teaspoon salt
- 1/4 teaspoon liquid smoke or hickory salt
- 1/2 cup chopped nuts

Completely drain the salmon, removing the bones and skin. Place in a medium-size bowl.

Add the cream cheese, lemon juice, onion, horseradish, salt and liquid smoke. Mix thoroughly.

Shape into a ball. Roll the ball in the nuts.

Refrigerate.

Per Serving (excluding unknown items): 1355 Calories; 124g Fat (79.8% calories from fat); 47g Protein; 24g Carbohydrate; 7g Dietary Fiber; 299mg Cholesterol; 1832mg Sodium. Exchanges: 1 Grain(Starch); 6 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 22 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1355
% Calories from Fat:	79.8%
% Calories from Carbohydrates:	6.8%
% Calories from Protein:	13.3%
Total Fat (g):	124g
Saturated Fat (g):	58g
Monounsaturated Fat (g):	46g
Polyunsaturated Fat (g):	14g
Cholesterol (mg):	299mg
Carbohydrate (g):	24g
Dietary Fiber (g):	7g
Protein (g):	47g
Sodium (mg):	1832mg

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	3.5mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	.7mg
Folacin (mcg):	99mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	1
Lean Meat:	6 1/2
Vegetable:	0

Potassium (mg): 1006mg
Calcium (mg): 285mg
Iron (mg): 6mg
Zinc (mg): 5mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 3428IU
Vitamin A (r.e.): 1029RE

Fruit: 0
Non-Fat Milk: 0
Fat: 22
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1355 **Calories from Fat:** 1082

% Daily Values*

Total Fat 124g	191%
Saturated Fat 58g	288%
Cholesterol 299mg	100%
Sodium 1832mg	76%
Total Carbohydrates 24g	8%
Dietary Fiber 7g	29%
Protein 47g	
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Vitamin A	69%
Vitamin C	15%
Calcium	29%
Iron	32%

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