

Salmon Party Log

Bernice Magoulas

Gourmet Eating in South Carolina - (1985)

1 can (18 ounce) salmon
1 package (8 ounce) cream cheese,
softened
1 tablespoon lemon juice
2 teaspoons onion, grated
1 teaspoon prepared horseradish
1/4 teaspoon salt
1/4 teaspoon liquid smoke (optional)
1/2 cup chopped pecans (or walnuts)
tablespoon snipped parsley

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Drain and flake the salmon, removing the skin and bones.

In a bowl, combine the salmon, cream cheese, lemon juice, onion, horseradish, salt and liquid smoke, if desired.

Chill for several hours.

In a bowl, combine the nuts and parsley.

Shape the salmon, mixture into an 8x2-inch log.

Roll the log in the nut/parsley mix.

Chill well.

Serve with assorted crackers.

Per Serving (excluding unknown items): 917 Calories; 84g Fat (81.3% calories from fat); 35g Protein; 9g Carbohydrate; trace Dietary Fiber; 299mg Cholesterol; 1291mg Sodium. Exchanges: 5 Lean Meat; 0 Vegetable; 0 Fruit; 15 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	917	Vitamin B6 (mg):	.3mg
% Calories from Fat:	81.3%	Vitamin B12 (mcg):	3.5mcg
% Calories from Carbohydrates:	3.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	14.9%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	84g	Folacin (mcg):	40mcg
Saturated Fat (g):	51g	Niacin (mg):	5mg

Monounsaturated Fat (g): 24g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 299mg
Carbohydrate (g): 9g
Dietary Fiber (g): trace
Protein (g): 35g
Sodium (mg): 1291mg
Potassium (mg): 593mg
Calcium (mg): 205mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 3414IU
Vitamin A (r.e.): 1027 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 5
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 15
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 917 Calories from Fat: 746

% Daily Values*

Total Fat	84g	129%
Saturated Fat	51g	257%
Cholesterol	299mg	100%
Sodium	1291mg	54%
Total Carbohydrates	9g	3%
Dietary Fiber	trace	1%
Protein	35g	
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Vitamin A		68%
Vitamin C		14%
Calcium		21%
Iron		19%

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