

Salad Loaf

Mrs. M. Robinson

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

Servings: 10

1 package (8 ounce) cream cheese
1 cup sour cream
1 can (16 ounce) dark sweet pitted cherries
1 can (8-1/4 ounce) crushed pineapple
1 can (11 ounce) mandarin orange sections
1/2 cup sugar
1/2 cup chopped pecans
2 cups miniature marshmallows

Let the cream cheese stand at room temperature. Cream until fluffy. Fold in the sour cream.

Drain the fruits in a colander. Add to the cream cheese mixture.

Add the sugar, pecans and marshmallows. Stir until well mixed.

Pour in a loaf pan or square container.

Freeze for six hours.

Per Serving (excluding unknown items): 245 Calories; 17g Fat (60.3% calories from fat); 3g Protein; 22g Carbohydrate; 1g Dietary Fiber; 36mg Cholesterol; 84mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	245
% Calories from Fat:	60.3%
% Calories from Carbohydrates:	34.7%
% Calories from Protein:	5.0%
Total Fat (g):	17g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	36mg
Carbohydrate (g):	22g
	1g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

0
1

Dietary Fiber (g):
 Protein (g): 3g
 Sodium (mg): 84mg
 Potassium (mg): 115mg
 Calcium (mg): 52mg
 Iron (mg): trace
 Zinc (mg): 1mg
 Vitamin C (mg): 3mg
 Vitamin A (i.u.): 530IU
 Vitamin A (r.e.): 156RE

Grain (Starch):
 Lean Meat: 1/2
 Vegetable: 0
 Fruit: 1/2
 Non-Fat Milk: 0
 Fat: 3
 Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 245 **Calories from Fat:** 148

% Daily Values*

Total Fat	17g	26%
Saturated Fat	8g	42%
Cholesterol	36mg	12%
Sodium	84mg	4%
Total Carbohydrates	22g	7%
Dietary Fiber	1g	3%
Protein	3g	

Vitamin A	11%
Vitamin C	4%
Calcium	5%
Iron	3%

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