

# All-Purpose Sandwich Spread

Susan Feniger and Mary Sue Milliken  
St Lucie News Tribune

## Servings: 4

2 tablespoons mayonnaise  
1 tablespoon prepared horseradish  
1 tablespoon Dijon mustard

In a bowl, mix the ingredients.

Serve with grilled or roasted beef or spread on bread for sandwiches made of beef, chicken, turkey or pork.

---

Per Serving (excluding unknown items): 54 Calories; 6g Fat (93.4% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 98mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	54	Vitamin B6 (mg):	trace
% Calories from Fat:	93.4%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	4.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	6g	Folacin (mcg):	3mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	2mg	% Refuse:	0 0%
Carbohydrate (g):	1g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	98mg	Vegetable:	0
Potassium (mg):	16mg	Fruit:	0
Calcium (mg):	6mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	1mg		

Vitamin A (i.u.): 19IU  
Vitamin A (r.e.): 4RE

---

## Nutrition Facts

Servings per Recipe: 4

---

### Amount Per Serving

**Calories** 54 Calories from Fat: 50

---

### % Daily Values\*

<b>Total Fat</b> 6g	9%
Saturated Fat 1g	4%
<b>Cholesterol</b> 2mg	1%
<b>Sodium</b> 98mg	4%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber trace	1%
<b>Protein</b> trace	

---

<b>Vitamin A</b>	0%
<b>Vitamin C</b>	2%
<b>Calcium</b>	1%
<b>Iron</b>	1%

---

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