

Cucumber Onion Sauce

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Yield: 3/4 cup

*1/2 cup Miracle Whip®
1/4 cup cucumber, seeded and
chopped
1 tablespoon onion, chopped*

Preparation Time: 5 minutes

In a bowl, mix together the Miracle Whip, cucumber and onion until well blended.

Chill.

Per Serving (excluding unknown items): 568 Calories; 56g Fat (87.6% calories from fat); trace Protein; 17g Carbohydrate; trace Dietary Fiber; 40mg Cholesterol; 761mg Sodium. Exchanges: 1/2 Vegetable; 11 Fat; 1 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	568
% Calories from Fat:	87.6%
% Calories from Carbohydrates:	12.2%
% Calories from Protein:	0.2%
Total Fat (g):	56g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	40mg
Carbohydrate (g):	17g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	761mg
Potassium (mg):	53mg
Calcium (mg):	6mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	5mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on %

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	11
Other Carbohydrates:	1

Vitamin A (i.u.): 56IU
Vitamin A (r.e.): 5 1/2RE

Nutrition Facts

Amount Per Serving

Calories	568	Calories from Fat: 497
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% Daily Values*

Total Fat	56g	86%
Saturated Fat	8g	40%
Cholesterol	40mg	13%
Sodium	761mg	32%
Total Carbohydrates	17g	6%
Dietary Fiber	trace	2%
Protein	trace	

Vitamin A	1%
Vitamin C	3%
Calcium	1%
Iron	0%

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