

Herbed Green Sauce

Southern Living -1986 Annual Recipes

1 package (10 ounce) frozen spinach,
thawed
1/4 cup fresh parsley, coarsely
chopped
1/2 teaspoon dried whole dillweed
1 clove garlic, cut in half
2 green onions, cut in one-inch pieces
1/8 teaspoon pepper
1 cup mayonnaise

Press the spinach between paper towels to
remove as much liquid as possible.

Insert the metal chopping blade into a food
processor bowl.

Combine the spinach, parsley, dillweed, garlic,
green onions and pepper in the bowl. Process
for 1 minute, scraping the sides of the bowl
occasionally.

Stir the mixture into the mayonnaise.

Serve at room temperature.

Per Serving (excluding unknown
items): 1635 Calories; 188g Fat
(95.7% calories from fat); 8g
Protein; 11g Carbohydrate; 6g
Dietary Fiber; 77mg Cholesterol;
1379mg Sodium. Exchanges: 0
Grain(Starch); 2 Vegetable; 16 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	1635
% Calories from Fat:	95.7%
% Calories from Carbohydrates:	2.4%
% Calories from Protein:	1.9%
Total Fat (g):	188g
Saturated Fat (g):	26g
Monounsaturated Fat (g):	50g
Polyunsaturated Fat (g):	91g
Cholesterol (mg):	77mg
Carbohydrate (g):	11g
Dietary Fiber (g):	6g
Protein (g):	8g
Sodium (mg):	1379mg
Potassium (mg):	760mg
Calcium (mg):	267mg
Iron (mg):	6mg
Zinc (mg):	1mg
Vitamin C (mg):	61mg
Vitamin A (i.u.):	13489IU

Vitamin B6 (mg):	1.5mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	241mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	16
Other Carbohydrates:	0

Vitamin A (r.e.): 1411RE

Nutrition Facts

Amount Per Serving

Calories	1635	Calories from Fat: 1565
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% Daily Values*

Total Fat	188g	289%
Saturated Fat	26g	130%
Cholesterol	77mg	26%
Sodium	1379mg	57%
Total Carbohydrates	11g	4%
Dietary Fiber	6g	24%
Protein	8g	
Vitamin A		270%
Vitamin C		101%
Calcium		27%
Iron		32%

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