

Salmon Onion Loaf

Gloria Rosenbush

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 4

1 can (15-1/2 ounce) salmon
1/4 cup salmon liquid
2 eggs, beaten
2 teaspoons lemon juice
1/2 teaspoon salt (optional)
dash pepper
4 to 5 tablespoons milk
1 can (2.8 ounce) French fried onion rings
SAUCE
1 cup sour cream
2 tablespoons white horseradish
1 teaspoon prepared mustard

Preheat the oven to 400 degrees.

Drain the salmon, reserving 1/4 cup of the liquid. Remove the skin and bones. Break the salmon into chunks. Add the salmon liquid, eggs, lemon juice, salt, pepper, milk and onion rings. Mix well.

Lightly butter a 1-1/2 quart baking dish. Place the mixture into the dish and shape into a loaf.

Bake for 20 minutes or until firm.

In a bowl, mix the sour cream, horseradish and mustard. Serve the sauce with the salmon loaf.

Per Serving (excluding unknown items): 336 Calories; 23g Fat (62.6% calories from fat); 17g Protein; 14g Carbohydrate; trace Dietary Fiber; 176mg Cholesterol; 215mg Sodium. Exchanges: 1 Lean Meat; 0 Fruit; 1 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	336	Vitamin B6 (mg):	.2mg
% Calories from Fat:	62.6%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	17.0%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	20.5%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	23g	Folacin (mcg):	32mcg
Saturated Fat (g):	13g	Niacin (mg):	1mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	176mg	% Refuse:	0.00%

Carbohydrate (g):	14g
Dietary Fiber (g):	trace
Protein (g):	17g
Sodium (mg):	215mg
Potassium (mg):	559mg
Calcium (mg):	375mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	4mg
Vitamin A (i.u.):	909IU
Vitamin A (r.e.):	271 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1
Fat:	4
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	336	Calories from Fat: 210
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% Daily Values*

Total Fat	23g	36%
Saturated Fat	13g	67%
Cholesterol	176mg	59%
Sodium	215mg	9%
Total Carbohydrates	14g	5%
Dietary Fiber	trace	0%
Protein	17g	

Vitamin A	18%
Vitamin C	7%
Calcium	38%
Iron	4%

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