

Cranberry Bite Spread

Daniel Neman - Toledo Blade
St. Lucie News Tribune

Yield: 1/2 cup

1/4 cup cranberry sauce
2 tablespoons mayonnaise
1 tablespoon Dijon mustard
1 tablespoon prepared horseradish

Mix thoroughly.

Per Serving (excluding unknown items): 320 Calories; 24g Fat (63.8% calories from fat); 1g Protein; 30g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 411mg Sodium. Exchanges: 0 Lean Meat; 2 Fat; 2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	320
% Calories from Fat:	63.8%
% Calories from Carbohydrates:	34.6%
% Calories from Protein:	1.5%
Total Fat (g):	24g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	12g
Cholesterol (mg):	10mg
Carbohydrate (g):	30g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	411mg
Potassium (mg):	84mg
Calcium (mg):	29mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	7mg
Vitamin A (i.u.):	91IU
Vitamin A (r.e.):	17RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories	320	Calories from Fat: 204
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		% Daily Values*
Total Fat	24g	37%
Saturated Fat	3g	17%
Cholesterol	10mg	3%
Sodium	411mg	17%
Total Carbohydrates	30g	10%
Dietary Fiber	2g	6%
Protein	1g	
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Vitamin A		2%
Vitamin C		11%
Calcium		3%
Iron		4%

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