

Cranberry-Mayo Spread

Daniel Neman - Toledo Blade
St. Lucie News Tribune

Yield: 3 ounces

1/4 cup cranberry sauce
2 tablespoons mayonnaise

Mix thoroughly.

Per Serving (excluding unknown items): 302 Calories; 23g Fat (65.9% calories from fat); trace Protein; 27g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 176mg Sodium. Exchanges: 2 Fat; 2 Other Carbohydrates.

Sauces

Per Serving Nutritional Analysis

Calories (kcal):	302
% Calories from Fat:	65.9%
% Calories from Carbohydrates:	33.6%
% Calories from Protein:	0.5%
Total Fat (g):	23g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	11g
Cholesterol (mg):	10mg
Carbohydrate (g):	27g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	176mg
Potassium (mg):	27mg
Calcium (mg):	8mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	3mg
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):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

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 302 **Calories from Fat:** 199

% Daily Values*

Total Fat 23g 36%Saturated Fat 3g 16%**Cholesterol** 10mg 3%**Sodium** 176mg 7%**Total Carbohydrates** 27g 9%Dietary Fiber 1g 3%**Protein** trace

Vitamin A 2%**Vitamin C** 5%**Calcium** 1%**Iron** 2%

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