

Smoked Salmon Spread II

Publix Aprons Simple Meals
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Yield: 1 1/2 cups

- 4 green onions*
- 1 package (8 ounce) Neufchatel cheese, softened*
- 4 ounces smoked salmon, sliced*
- 1 teaspoon prepared horseradish*
- 1 teaspoon Dijon mustard*

Remove the wilted portions and root end of the green onions.

In a food processor, process the green onions, Neufchatel cheese, salmon, horseradish and mustard until well blended.

Serve with crackers, bagels or fresh vegetables.

Per Serving (excluding unknown items): 453 Calories; 32g Fat (63.0% calories from fat); 33g Protein; 9g Carbohydrate; 2g Dietary Fiber; 112mg Cholesterol; 1430mg Sodium. Exchanges: 4 1/2 Lean Meat; 1 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	453	Vitamin B6 (mg):	.4mg
% Calories from Fat:	63.0%	Vitamin B12 (mcg):	4.0mcg
% Calories from Carbohydrates:	7.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	29.4%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	32g	Folacin (mcg):	57mcg
Saturated Fat (g):	18g	Niacin (mg):	6mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	112mg	% Refused:	0 0%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	33g	Lean Meat:	4 1/2
Sodium (mg):	1430mg	Vegetable:	1
Potassium (mg):	512mg	Fruit:	0
Calcium (mg):	148mg	Non-Fat Milk:	0

Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 1617IU
Vitamin A (r.e.): 438 1/2RE

Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 453 **Calories from Fat:** 285

% Daily Values*

Total Fat 32g	49%
Saturated Fat 18g	89%
Cholesterol 112mg	37%
Sodium 1430mg	60%
Total Carbohydrates 9g	3%
Dietary Fiber 2g	7%
Protein 33g	
Vitamin A	32%
Vitamin C	21%
Calcium	15%
Iron	13%

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