

# Smoked Salmon Spread III

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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 rooted end of the green onions.

In a food processor, process all of the ingredients until well blended.

Serve with crackers, bagels or fresh vegetables.

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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	% Refuse:	n n%
Carbohydrate (g):	9g	<b>Food Exchanges</b>	
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	Fat:	3 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0

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

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## Nutrition Facts

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### Amount Per Serving

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Calories 453                      Calories from Fat: 285

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### % Daily Values\*

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

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