

Cucumber Dill Mayonnaise

*Fearrington House - Pittsboro, NC
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Yield: 1 3/4 cups

*1/2 cup cucumber, peeled, seeded and
finely chopped
salt (to taste)
1 cup mayonnaise (preferably
homemade)
1/2 cup sour cream
3 tablespoons lemon juice
dash Tabasco sauce
4 tablespoons fresh dill, chopped*

Salt the cucumber and let it drain in a colander for about 30 minutes. Pat dry with absorbent towels.

In a bowl, blend the cucumber, salt, mayonnaise, sour cream, lemon juice, Tabasco sauce and dill.

Chill for several hours before serving.

Per Serving (excluding unknown items): 266 Calories; 24g Fat (78.8% calories from fat); 4g Protein; 10g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 64mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fruit; 1/2 Non-Fat Milk; 5 Fat.

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Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	266
% Calories from Fat:	78.8%
% Calories from Carbohydrates:	15.1%
% Calories from Protein:	6.1%
Total Fat (g):	24g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	51mg
Carbohydrate (g):	10g
Dietary Fiber (g):	1g
Protein (g):	4g
	64mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	28mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
	1/2
	1

Sodium (mg):
Potassium (mg): 313mg
Calcium (mg): 149mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 27mg
Vitamin A (i.u.): 1201IU
Vitamin A (r.e.): 301 1/2RE

Vegetable:
Fruit: 1/2
Non-Fat Milk: 1/2
Fat: 5
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	266	Calories from Fat: 209
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% Daily Values*

Total Fat	24g	37%
Saturated Fat	15g	75%
Cholesterol	51mg	17%
Sodium	64mg	3%
Total Carbohydrates	10g	3%
Dietary Fiber	1g	3%
Protein	4g	
Vitamin A		24%
Vitamin C		44%
Calcium		15%
Iron		2%

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