

Citrus-Cheese Sauce

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

Yield: 2 1/4 cups

1/2 eight-ounce package Neufchatel
cheese, softened
3 tablespoons sugar
1 teaspoon grated orange rind
1 tablespoon orange juice
1/2 teaspoon grated lemon rind
1 tablespoon lemon juice
1/3 cup instant nonfat dry milk
powder
1/3 cup ice water

Beat the cheese in a medium bowl until fluffy.

Add the sugar, orange rind, orange juice, lemon
rind and lemon juice, beating until the mixture is
smooth.

Combine the milk powder and water in a small
cold bowl and beat until stiff peaks form.

Fold the whipped milk mixture into the cheese
mixture.

Serve immediately.

Per Serving (excluding unknown
items): 306 Calories; 13g Fat
(38.2% calories from fat); 6g
Protein; 43g Carbohydrate; trace
Dietary Fiber; 43mg Cholesterol;
230mg Sodium. Exchanges: 1
Lean Meat; 1/2 Fruit; 2 Fat; 2 1/2
Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	306
% Calories from Fat:	38.2%
% Calories from Carbohydrates:	54.4%
% Calories from Protein:	7.5%
Total Fat (g):	13g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	43mg
Carbohydrate (g):	43g
	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	18mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): 6g
Sodium (mg): 230mg
Potassium (mg): 121mg
Calcium (mg): 52mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 19mg
Vitamin A (i.u.): 686IU
Vitamin A (r.e.): 201 1/2RE

Grain (Starch):
Lean Meat: 1
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 2 1/2

Nutrition Facts

Amount Per Serving

Calories 306 **Calories from Fat:** 117

% Daily Values*

Total Fat 13g	20%
Saturated Fat 8g	42%
Cholesterol 43mg	14%
Sodium 230mg	10%
Total Carbohydrates 43g	14%
Dietary Fiber trace	1%
Protein 6g	
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Vitamin A	14%
Vitamin C	31%
Calcium	5%
Iron	1%

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