

# Avocado Sauce for Fish and Shellfish

Jane Grigson - Jane Grigson's Vegetable Book  
The Good Cook Sauces - Time-Life Books

## Yield: 2 cups

2 ripe avocados, halved, pitted and peeled  
3 tablespoons fresh lemon juice  
1 large clove garlic, crushed to a paste  
1 1/4 cups sour cream  
salt  
pepper

Mash the avocados with the lemon juice and garlic.

Mix in the sour cream gradually.

Taste the sauce and season it with the salt and pepper.

*Avocado makes a good sauce for salmon and salmon trout in particular, though it also goes well with crab and lobster. If the sauce is to be served with cold fish, mix in two chopped scallions after the sauce has been seasoned.*

*If the sauce is for hot fish, omit the scallions and warm the sauce in a bowl over a pan of simmering water until the sauce is hot, but not boiling.*

## Sauces and Condiments

Per Serving (excluding unknown items): 632 Calories; 60g Fat (83.6% calories from fat); 9g Protein; 17g Carbohydrate; trace Dietary Fiber; 128mg Cholesterol; 154mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit; 1 Non-Fat Milk; 12 Fat.

## Per Serving Nutritional Analysis

Calories (kcal):	632
% Calories from Fat:	83.6%
% Calories from Carbohydrates:	10.6%
% Calories from Protein:	5.8%
Total Fat (g):	60g
Saturated Fat (g):	38g
Monounsaturated Fat (g):	17g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	128mg
Carbohydrate (g):	17g
Dietary Fiber (g):	trace
Protein (g):	9g
Sodium (mg):	154mg
Potassium (mg):	483mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	37mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

## Food Exchanges

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

**Calcium (mg):** 343mg  
**Iron (mg):** trace  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 24mg  
**Vitamin A (i.u.):** 2280IU  
**Vitamin A (r.e.):** 682 1/2RE

**Non-Fat Milk:** 1  
**Fat:** 12  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 632                      Calories from Fat: 528

### % Daily Values\*

<b>Total Fat</b>	60g	93%
Saturated Fat	38g	188%
<b>Cholesterol</b>	128mg	43%
<b>Sodium</b>	154mg	6%
<b>Total Carbohydrates</b>	17g	6%
Dietary Fiber	trace	1%
<b>Protein</b>	9g	

<b>Vitamin A</b>	46%
<b>Vitamin C</b>	41%
<b>Calcium</b>	34%
<b>Iron</b>	1%

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