

# Curry Sauce

*Southern Living - 1984 Annual Recipes*

## **Yield: 1 1/4 cups**

*2 tablespoons butter or margarine  
3 tablespoons green onions, minced  
1 1/4 teaspoons curry powder  
1/2 teaspoon sugar  
1/8 teaspoon ground ginger  
2 tablespoons all-purpose flour  
1 cup milk  
1 teaspoon lemon juice  
1/8 teaspoon salt  
dash white pepper*

Place the butter in a four-cup glass measure. Microwave on HIGH for 45 seconds or until melted.

Stir in the green onions, curry powder, sugar and ginger. Microwave on HIGH for 1-1/2 minutes or until the onion is tender.

Add the flour, stirring until smooth. Gradually add the milk, stirring well. Microwave on HIGH for 2 minutes. Stir well. Microwave on HIGH for 2 more minutes, stirring at 1-minute intervals until thickened and bubbly.

Stir in the lemon juice, salt and pepper.

Serve over poached eggs, poultry or vegetables.

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Per Serving (excluding unknown items): 434 Calories; 32g Fat (64.4% calories from fat); 11g Protein; 29g Carbohydrate; 2g Dietary Fiber; 95mg Cholesterol; 614mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 Non-Fat Milk; 6 Fat; 0 Other Carbohydrates.

Sauces and Condiments

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	434	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	64.4%	<b>Vitamin B12 (mcg):</b>	.9mcg
<b>% Calories from Carbohydrates:</b>	26.0%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	9.5%	<b>Riboflavin B2 (mg):</b>	.5mg
<b>Total Fat (g):</b>	32g	<b>Folacin (mcg):</b>	53mcg
<b>Saturated Fat (g):</b>	19g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	9g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
			0.0%

<b>Cholesterol (mg):</b>	95mg
<b>Carbohydrate (g):</b>	29g
<b>Dietary Fiber (g):</b>	2g
<b>Protein (g):</b>	11g
<b>Sodium (mg):</b>	614mg
<b>Potassium (mg):</b>	493mg
<b>Calcium (mg):</b>	328mg
<b>Iron (mg):</b>	2mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	8mg
<b>Vitamin A (i.u.):</b>	1271IU
<b>Vitamin A (r.e.):</b>	317RE

% Daily Values\*

## Food Exchanges

<b>Grain (Starch):</b>	1
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	1
<b>Fat:</b>	6
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

### Amount Per Serving

**Calories** 434                      **Calories from Fat:** 280

### % Daily Values\*

<b>Total Fat</b>	32g	49%
Saturated Fat	19g	97%
<b>Cholesterol</b>	95mg	32%
<b>Sodium</b>	614mg	26%
<b>Total Carbohydrates</b>	29g	10%
Dietary Fiber	2g	7%
<b>Protein</b>	11g	
<b>Vitamin A</b>		25%
<b>Vitamin C</b>		14%
<b>Calcium</b>		33%
<b>Iron</b>		11%

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