

Dill Sauce II

Southern Living - 1984 Annual Recipes

Yield: 1 1/4 cups

2 tablespoons butter or margarine

2 tablespoons all-purpose flour

1 cup fish broth OR chicken broth

1 egg yolk, beaten

1/4 cup sour cream

2 tablespoons minced fresh dillweed

OR 2 teaspoons dried whole dillweed

Sprigs of fresh dillweed (for garnish)
(optional)

In a heavy saucepan over low heat, melt the butter. Add the flour, stirring until smooth. Cook for 1 minute, stirring constantly.

Gradually add the fish stock. cook over medium heat, stirring constantly, until thickened and bubbly.

Gradually stir about one-fourth of the hot mixture into the egg yolk. Add the egg mixture to the remaining hot mixture, stirring constantly. Cook for 5 minutes, stirring constantly.

Remove from the heat. Stir in the sour cream and two tablespoons of the dillweed. Cook over low heat just until heated (do not boil).

Garnish with sprigs of fresh dillweed, if desired.

Serve the sauce over fish or seafood.

Per Serving (excluding unknown items): 443 Calories; 40g Fat (81.1% calories from fat); 6g Protein; 15g Carbohydrate; trace Dietary Fiber; 300mg Cholesterol; 272mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 7 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	443	Vitamin B6 (mg):	.1mg
% Calories from Fat:	81.1%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	13.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	40g	Folacin (mcg):	55mcg

Saturated Fat (g): 23g
Monounsaturated Fat (g): 12g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 300mg
Carbohydrate (g): 15g
Dietary Fiber (g): trace
Protein (g): 6g
Sodium (mg): 272mg
Potassium (mg): 122mg
Calcium (mg): 99mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 1644IU
Vitamin A (r.e.): 448RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 1
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 7 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 443 **Calories from Fat:** 359

% Daily Values*

Total Fat 40g	62%
Saturated Fat 23g	117%
Cholesterol 300mg	100%
Sodium 272mg	11%
Total Carbohydrates 15g	5%
Dietary Fiber trace	2%
Protein 6g	
Vitamin A	33%
Vitamin C	1%
Calcium	10%
Iron	8%

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