

Honey-Lemon Mustard Sauce

Mrs. Thomas R. Cherry - Birmingham, AL
Southern Living - 1984 Annual Recipes

Yield: 1/2 cup

1/2 cup butter or margarine
2 tablespoons honey
1 teaspoon grated lemon rind
1 tablespoon + 1 teaspoon lemon juice
1 teaspoon prepared mustard

In a small saucepan, combine the butter, honey, lemon rind, lemon juice and mustard.

Cook over low heat until thoroughly heated.

Serve with vegetables.

Per Serving (excluding unknown items): 1008 Calories; 92g Fat (77.9% calories from fat); 2g Protein; 57g Carbohydrate; 1g Dietary Fiber; 248mg Cholesterol; 1004mg Sodium. Exchanges: 0 Lean Meat; 1 1/2 Fruit; 18 1/2 Fat; 2 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1008
% Calories from Fat:	77.9%
% Calories from Carbohydrates:	21.3%
% Calories from Protein:	0.9%
Total Fat (g):	92g
Saturated Fat (g):	57g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	248mg
Carbohydrate (g):	57g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	1004mg
Potassium (mg):	364mg
Calcium (mg):	54mg
Iron (mg):	1mg
Zinc (mg):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	36mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1 1/2
Non-Fat Milk:	0
Fat:	18 1/2
Other Carbohydrates:	2 1/2

Vitamin C (mg): 115mg
Vitamin A (i.u.): 3518IU
Vitamin A (r.e.): 863 1/2RE

Nutrition Facts

Amount Per Serving

Calories	1008	Calories from Fat: 785
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% Daily Values*

Total Fat	92g	142%
Saturated Fat	57g	286%
Cholesterol	248mg	83%
Sodium	1004mg	42%
Total Carbohydrates	57g	19%
Dietary Fiber	1g	6%
Protein	2g	

Vitamin A	70%
Vitamin C	192%
Calcium	5%
Iron	3%

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