

Lemon-Butter Sauce

Southern Living - 1984 Annual Recipes

Yield: 1/2 cup

*1/2 cup butter
1/2 teaspoon lemon rind, grated
juice of one lemon
1/8 teaspoon dried parsley flakes
dash paprika*

In a saucepan over low heat, melt the butter.

Stir in the lemon rind, lemon juice, parsley and paprika.

Per Serving (excluding unknown items): 814 Calories; 92g Fat (99.4% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 248mg Cholesterol; 937mg Sodium. Exchanges: 0 Fruit; 18 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	814
% Calories from Fat:	99.4%
% Calories from Carbohydrates:	0.1%
% Calories from Protein:	0.5%
Total Fat (g):	92g
Saturated Fat (g):	57g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	248mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	937mg
Potassium (mg):	31mg
Calcium (mg):	29mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	3468IU

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

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

Vitamin A (r.e.): 858 1/2RE

Nutrition Facts

Amount Per Serving

Calories	814	Calories from Fat: 809
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% Daily Values*

Total Fat	92g	141%
Saturated Fat	57g	286%
Cholesterol	248mg	83%
Sodium	937mg	39%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	0%
Protein	1g	
Vitamin A		69%
Vitamin C		2%
Calcium		3%
Iron		1%

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