

# Mango-Spiced Rum Sauce

Bette Crown - Clearwater, FL  
Southern Living - 1986 Annual Recipes

**Yield: 1 1/2 cups**

- 1/2 cup water
- 1 tablespoon butter or margarine
- 1 tablespoon sugar
- 1 teaspoon cornstarch
- 2 tablespoons cold water
- 1 cup ripe mango, mashed
- 2 to 3 tablespoon spiced rum
- dash ground nutmeg

In a saucepan, combine the water, butter and sugar. Bring to a boil.

Dissolve the cornstarch in the cold water. Add to the sugar mixture, stirring well.

Return the mixture to a boil. Cook for 1 minute, stirring frequently..

Add the mango, rum and nutmeg. Stir well.

Serve warm. Spoon over vanilla ice cream.

Per Serving (excluding unknown items): 160 Calories; 11g Fat (63.2% calories from fat); trace Protein; 15g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 122mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Fat; 1 Other Carbohydrates.

Sauces and Condiments

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>		160	<b>Vitamin B6 (mg):</b>		0mg
<b>% Calories from Fat:</b>		63.2%	<b>Vitamin B12 (mcg):</b>		trace
<b>% Calories from Carbohydrates:</b>		36.5%	<b>Thiamin B1 (mg):</b>		0mg
<b>% Calories from Protein:</b>		0.3%	<b>Riboflavin B2 (mg):</b>		trace
<b>Total Fat (g):</b>		11g	<b>Folacin (mcg):</b>		trace
<b>Saturated Fat (g):</b>		7g	<b>Niacin (mg):</b>		trace
<b>Monounsaturated Fat (g):</b>		3g	<b>Caffeine (mg):</b>		0mg
<b>Polyunsaturated Fat (g):</b>		trace	<b>Alcohol (kcal):</b>		0
<b>Cholesterol (mg):</b>		31mg	<b>% Refuse:</b>		n n%
<b>Carbohydrate (g):</b>		15g	<b>Food Exchanges</b>		
<b>Dietary Fiber (g):</b>		trace	<b>Grain (Starch):</b>		0

**Protein (g):** trace  
**Sodium (mg):** 122mg  
**Potassium (mg):** 4mg  
**Calcium (mg):** 7mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 433IU  
**Vitamin A (r.e.):** 107 1/2RE

**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2 1/2  
**Other Carbohydrates:** 1

## Nutrition Facts

### Amount Per Serving

**Calories** 160                      **Calories from Fat:** 101

### % Daily Values\*

<b>Total Fat</b>	11g	18%
Saturated Fat	7g	36%
<b>Cholesterol</b>	31mg	10%
<b>Sodium</b>	122mg	5%
<b>Total Carbohydrates</b>	15g	5%
Dietary Fiber	trace	0%
<b>Protein</b>	trace	
<b>Vitamin A</b>		9%
<b>Vitamin C</b>		0%
<b>Calcium</b>		1%
<b>Iron</b>		0%

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