

Mustard Sauce

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

Yield: 1 cup

- 2 tablespoons reduced-calorie margarine*
- 1 1/2 tablespoons all-purpose-flour*
- 1 cup skim milk*
- 1 teaspoon dry mustard*
- 1 teaspoon lemon juice*
- 1/4 teaspoon salt*

Melt the margarine over low heat. Add the flour, stirring until smooth. Cook for 1 minute, stirring constantly.

Gradually add the milk. Cook over medium heat, stirring constantly, until thickened and bubbly. Remove from the heat.

Stir in the mustard, lemon juice and salt.

Per Serving (excluding unknown items): 194 Calories; 12g Fat (55.7% calories from fat); 9g Protein; 13g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 937mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Non-Fat Milk; 2 1/2 Fat.

Sauces

Per Serving Nutritional Analysis

Calories (kcal):	194	Vitamin B6 (mg):	.1mg
% Calories from Fat:	55.7%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	26.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	18.3%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	12g	Folacin (mcg):	14mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	4mg	% Refuse:	n n%
Carbohydrate (g):	13g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	9g	Lean Meat:	0
Sodium (mg):	937mg	Vegetable:	0
Potassium (mg):	433mg	Fruit:	0

Calcium (mg): 316mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 1542IU
Vitamin A (r.e.): 382RE

Non-Fat Milk: 1
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 194 Calories from Fat: 108

% Daily Values*

Total Fat	12g		19%
	Saturated Fat	2g	11%
Cholesterol	4mg		1%
Sodium	937mg		39%
Total Carbohydrates	13g		4%
	Dietary Fiber	trace	0%
Protein	9g		

Vitamin A		31%
Vitamin C		8%
Calcium		32%
Iron		1%

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