

Onion Sauce

*Patsy Hill, San Antonio, TX
Southern Living - 1987 Annual Recipes*

Yield: 2 cups

*2 large onions, thinly sliced
2 tablespoons butter or margarine,
melted
1 tablespoon all-purpose flour
1 cup milk
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon ground nutmeg
1/2 cup whipping cream*

In a saucepan, saute' the onions in butter until tender. Add the flour, stirring until smooth. Cook for 1 minute, stirring constantly. Reduce the heat to medium.

Gradually add the milk. Cook, stirring constantly, until the mixture is thickened and bubbly.

Stir in the salt, pepper, nutmeg and whipping cream.

Per Serving (excluding unknown items): 878 Calories; 76g Fat (75.9% calories from fat); 14g Protein; 40g Carbohydrate; 4g Dietary Fiber; 258mg Cholesterol; 938mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Vegetable; 1 1/2 Non-Fat Milk; 15 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	878	Vitamin B6 (mg):	.4mg
% Calories from Fat:	75.9%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	17.8%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	6.3%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	76g	Folacin (mcg):	71mcg
Saturated Fat (g):	47g	Niacin (mg):	1mg
Monounsaturated Fat (g):	22g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	258mg	% Daily Value*	on on%
Carbohydrate (g):	40g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	1/2
Protein (g):	14g	Lean Meat:	0
Sodium (mg):	938mg	Vegetable:	3 1/2

Potassium (mg): 825mg
Calcium (mg): 425mg
Iron (mg): 1mg
Zinc (mg): 2mg
Vitamin C (mg): 17mg
Vitamin A (i.u.): 2924IU
Vitamin A (r.e.): 808 1/2RE

Fruit: 0
Non-Fat Milk: 1 1/2
Fat: 15
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 878 Calories from Fat: 666

% Daily Values*

Total Fat	76g	116%
Saturated Fat	47g	235%
Cholesterol	258mg	86%
Sodium	938mg	39%
Total Carbohydrates	40g	13%
Dietary Fiber	4g	17%
Protein	14g	
Vitamin A		58%
Vitamin C		29%
Calcium		43%
Iron		6%

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