

Pineapple-Orange Sauce

Southern Living - 1984 Annual Recipes

Yield: 3 1/2 cups

*1 can (15-1/4 ounce) unsweetened pineapple chunks, undrained
1 teaspoon orange rind, grated
3/4 cup unsweetened orange juice
1/4 cup Cointreau
1 tablespoon + 1 teaspoon cornstarch
1/4 teaspoon ground cardamom
1 can (11 ounce) mandarin oranges, drained*

Drain the pineapple, reserving the juice.

In a saucepan, combine the pineapple juice, orange rind, orange juice, Cointreau, cornstarch and cardamom. Mix well. Cook over medium heat until clear and thickened, stirring constantly.

Stir in the pineapple chunks and mandarin oranges. Cook until thoroughly heated.

Per Serving (excluding unknown items): 712 Calories; trace Fat (0.4% calories from fat); 1g Protein; 144g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 7 1/2 Grain(Starch); 1/2 Fruit; 0 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	712	Vitamin B6 (mg):	.1mg
% Calories from Fat:	0.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	0.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	18mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	183
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	144g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	7 1/2
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	13mg	Vegetable:	0
Potassium (mg):	145mg	Fruit:	1/2
Calcium (mg):	19mg	Non-Fat Milk:	0

Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 29mg
Vitamin A (i.u.): 781IU
Vitamin A (r.e.): 78RE

Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 712 **Calories from Fat:** 3

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	13mg	1%
Total Carbohydrates	144g	48%
Dietary Fiber	3g	13%
Protein	1g	
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Vitamin A		16%
Vitamin C		48%
Calcium		2%
Iron		4%

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