

Raisin Sauce

Virginia Mathews - Jacksonville, FL
Southern Living - 1984 Annual Recipes

Yield: 2 1/3 cups

1/2 cup firmly packed brown sugar
1 1/2 tablespoons all-purpose flour
1 1/2 teaspoons dry mustard
1 1/2 cups water
1/2 cup vinegar
1/2 cup raisins

In a medium saucepan, combine the sugar, flour and mustard. Stir well.

Add the water, vinegar and raisins. Cook over low heat, stirring constantly, until thickened.

Serve warm over pork.

Per Serving (excluding unknown items): 701 Calories; 1g Fat (1.3% calories from fat); 4g Protein; 181g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 64mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 4 Fruit; 0 Fat; 7 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	701
% Calories from Fat:	1.3%
% Calories from Carbohydrates:	96.5%
% Calories from Protein:	2.2%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	181g
Dietary Fiber (g):	3g
Protein (g):	4g
Sodium (mg):	64mg
Potassium (mg):	1079mg
Calcium (mg):	153mg
Iron (mg):	5mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	22mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	4
Non-Fat Milk:	0
Fat:	0

Zinc (mg): 1mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 14IU
Vitamin A (r.e.): 1 1/2RE

Other Carbohydrates: 7 1/2

Nutrition Facts

Amount Per Serving

Calories	701	Calories from Fat: 9
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% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	64mg	3%
Total Carbohydrates	181g	60%
Dietary Fiber	3g	13%
Protein	4g	

Vitamin A	0%
Vitamin C	4%
Calcium	15%
Iron	28%

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