

Tangy Mustard Cranberry Sauce

Parade Magazine

*1 bag (12 ounce) fresh or frozen
cranberries
1 cup sugar
2 tablespoons champagne vinegar
1/3 cup Dijon mustard*

In a saucepan over medium-high heat, combine the cranberries, sugar and vinegar. Cook, stirring, until the sugar dissolves, the cranberries burst and the mixture comes to a full, rolling boil, about 15 minutes.

Stir in the mustard.

Transfer the mixture to a blender and blend until smooth.

Let cool before serving or before covering and freezing. (To serve after freezing, thaw overnight in the refrigerator.)

Per Serving (excluding unknown items): 833 Calories; 3g Fat (3.6% calories from fat); 4g Protein; 205g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 994mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat; 13 1/2 Other Carbohydrates.

Side Dishes, Turkey

Per Serving Nutritional Analysis

Calories (kcal):	833
% Calories from Fat:	3.6%
% Calories from Carbohydrates:	94.7%
% Calories from Protein:	1.7%
Total Fat (g):	3g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	205g
Dietary Fiber (g):	2g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 4g
Sodium (mg): 994mg
Potassium (mg): 107mg
Calcium (mg): 69mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 13 1/2

Nutrition Facts

Amount Per Serving

Calories	833	Calories from Fat: 30
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% Daily Values*

Total Fat	3g	5%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	994mg	41%
Total Carbohydrates	205g	68%
Dietary Fiber	2g	8%
Protein	4g	
Vitamin A		0%
Vitamin C		0%
Calcium		7%
Iron		9%

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