

Tarragon Sauce

Southern Living - 1984 Annual Recipes

Yield: 1 cup

*1/2 cup mayonnaise
1/2 cup sour cream
2 teaspoons lemon juice
1 teaspoon dried whole tarragon,
crushed
1/2 teaspoon salt
paprika (for garnish)*

In a small bowl, combine the mayonnaise, sour cream, lemon juice, tarragon and salt.

Cover and refrigerate at least one hour.

Spoon into a serving dish.

Sprinkle with paprika.

Per Serving (excluding unknown items): 1037 Calories; 118g Fat (96.1% calories from fat); 5g Protein; 6g Carbohydrate; trace Dietary Fiber; 90mg Cholesterol; 1752mg Sodium. Exchanges: 0 Fruit; 1/2 Non-Fat Milk; 13 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1037	Vitamin B6 (mg):	.6mg
% Calories from Fat:	96.1%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	2.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	118g	Folacin (mcg):	22mcg
Saturated Fat (g):	28g	Niacin (mg):	trace
Monounsaturated Fat (g):	32g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	46g	Alcohol (kcal):	0
Cholesterol (mg):	90mg	% Refuse:	n n%
Carbohydrate (g):	6g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	5g	Lean Meat:	0
Sodium (mg):	1752mg	Vegetable:	0
Potassium (mg):	216mg	Fruit:	0
Calcium (mg):	161mg	Non-Fat Milk:	1/2
Iron (mg):	1mg	Fat:	13

Zinc (mg): trace
Vitamin C (mg): 6mg
Vitamin A (i.u.): 1219IU
Vitamin A (r.e.): 334 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1037 Calories from Fat: 997

% Daily Values*

Total Fat 118g	181%
Saturated Fat 28g	140%
Cholesterol 90mg	30%
Sodium 1752mg	73%
Total Carbohydrates 6g	2%
Dietary Fiber trace	0%
Protein 5g	
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Vitamin A	24%
Vitamin C	9%
Calcium	16%
Iron	3%

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