

Amaretto-Strawberry Dessert Sauce

Southern Living - 1987 Annual Recipes

Yield: 1 2/3 cups

1/2 cup slivered almonds, chopped
1/4 cup butter or margarine, divided
2/3 cup firmly packed brown sugar
1/4 cup half-and-half
2 tablespoons light corn syrup
2 tablespoons amaretto
3/4 cup fresh strawberries, sliced

In a glass pieplate, combine the almonds and two tablespoons of butter. Microwave on HIGH for 3 to 3-1/2 minutes or until lightly toasted, stirring once. Set aside.

In a one-quart glass bowl, combine the sugar, half-and-half, corn syrup and remaining two tablespoons of butter. Microwave on HIGH for 2 minutes. Stir. Microwave on HIGH for 1 to 2 minutes or until the mixture comes to a boil. Cool.

Stir in the amaretto, toasted almonds and sliced strawberries.

Serve the sauce over ice cream.

Per Serving (excluding unknown items): 1608 Calories; 84g Fat (46.5% calories from fat); 16g Protein; 203g Carbohydrate; 7g Dietary Fiber; 124mg Cholesterol; 583mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1/2 Fruit; 15 1/2 Fat; 11 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1608	Vitamin B6 (mg):	.1mg
% Calories from Fat:	46.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	49.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	84g	Folacin (mcg):	50mcg
Saturated Fat (g):	32g	Niacin (mg):	3mg
Monounsaturated Fat (g):	38g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	10g	Alcohol (kcal):	82
Cholesterol (mg):	124mg	% Refuse:	0.0%

Carbohydrate (g):	203g
Dietary Fiber (g):	7g
Protein (g):	16g
Sodium (mg):	583mg
Potassium (mg):	1246mg
Calcium (mg):	333mg
Iron (mg):	6mg
Zinc (mg):	3mg
Vitamin C (mg):	63mg
Vitamin A (i.u.):	1764IU
Vitamin A (r.e.):	432 1/2RE

Food Exchanges

Grain (Starch):	1
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	15 1/2
Other Carbohydrates:	11 1/2

Nutrition Facts

Amount Per Serving

Calories	1608	Calories from Fat: 747
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% Daily Values*

Total Fat	84g	130%
Saturated Fat	32g	161%
Cholesterol	124mg	41%
Sodium	583mg	24%
Total Carbohydrates	203g	68%
Dietary Fiber	7g	29%
Protein	16g	
Vitamin A		35%
Vitamin C		105%
Calcium		33%
Iron		33%

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