

Rum Raisin Sauce

Kathleen Stone - Houston, TX
Southern Living - 1984 Annual Recipes

Yield: 2 1/4 cups

1/4 cup honey
3 tablespoons butter
1 cup golden raisins
rind of one lemon, grated
2 tablespoons lemon juice
1 cup water
1/2 cup sugar
1 tablespoon cornstarch
dash salt
2 tablespoons dark rum

In a saucepan, combine the honey, butter, raisins, lemon rind and lemon.

In a bowl, combine the sugar, cornstarch and salt. Stir into the honey mixture. Bring the mixture to a boil, stirring constantly. Cook for 5 minutes,

Remove from the heat. Stir in the rum.

Serve over ice cream.

Per Serving (excluding unknown items): 1550 Calories; 35g Fat (20.0% calories from fat); 6g Protein; 311g Carbohydrate; 7g Dietary Fiber; 93mg Cholesterol; 384mg Sodium. Exchanges: 1/2 Grain(Starch); 9 Fruit; 7 Fat; 11 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1550	Vitamin B6 (mg):	.6mg
% Calories from Fat:	20.0%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	78.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.6%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	35g	Folacin (mcg):	12mcg
Saturated Fat (g):	22g	Niacin (mg):	2mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	64
Cholesterol (mg):	93mg	% Daily Value*	on on%
Carbohydrate (g):	311g	Food Exchanges	
Dietary Fiber (g):	7g	Grain (Starch):	1/2
Protein (g):	6g	Lean Meat:	0

Sodium (mg): 384mg
Potassium (mg): 1327mg
Calcium (mg): 111mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 20mg
Vitamin A (i.u.): 1379IU
Vitamin A (r.e.): 329RE

Vegetable: 0
Fruit: 9
Non-Fat Milk: 0
Fat: 7
Other Carbohydrates: 11 1/2

Nutrition Facts

Amount Per Serving

Calories 1550 **Calories from Fat:** 310

% Daily Values*

Total Fat	35g	54%
Saturated Fat	22g	109%
Cholesterol	93mg	31%
Sodium	384mg	16%
Total Carbohydrates	311g	104%
Dietary Fiber	7g	28%
Protein	6g	
Vitamin A		28%
Vitamin C		33%
Calcium		11%
Iron		20%

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