

Saucy Carrots

Michele Oswald - Dallas, TX
Southern Living - 1987 Annual Recipes

Servings: 4

8 medium (one pound) carrots,
scraped and thinly sliced
1 tablespoon butter or margarine
1 tablespoon all-purpose flour
1 cup milk
1 teaspoon Dijon mustard
1/2 teaspoon salt
1/8 teaspoon pepper
1 tablespoon chives (for garnish),
chopped

Cook the carrots, covered, in a small amount of water for 10 to 12 minutes or just until tender. Remove from the heat. Drain.

In a heavy saucepan over low heat, melt the butter. Add the flour, stirring until smooth. Cook for 1 minute, stirring constantly.

Gradually add the milk. Cook over medium heat, stirring constantly, until the mixture is thickened and bubbly.

Stir in the mustard, salt and pepper.

Add the carrots to the sauce. Heat.

Spoon into a serving dish. Sprinkle with chives.

Per Serving (excluding unknown items): 133 Calories; 5g Fat (34.1% calories from fat); 4g Protein; 19g Carbohydrate; 4g Dietary Fiber; 16mg Cholesterol; 392mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	133
% Calories from Fat:	34.1%
% Calories from Carbohydrates:	55.0%
% Calories from Protein:	10.9%
Total Fat (g):	5g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	16mg
Carbohydrate (g):	19g
Dietary Fiber (g):	4g
Protein (g):	4g
Sodium (mg):	392mg
Potassium (mg):	563mg
Calcium (mg):	116mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	26mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	3
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 40691IU
Vitamin A (r.e.): 4099 1/2RE

Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 133 Calories from Fat: 45

% Daily Values*

Total Fat	5g	8%
Saturated Fat	3g	16%
Cholesterol	16mg	5%
Sodium	392mg	16%
Total Carbohydrates	19g	6%
Dietary Fiber	4g	18%
Protein	4g	

Vitamin A	814%
Vitamin C	23%
Calcium	12%
Iron	5%

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