

Reuben Burger Sauce

*Lea & Perrins, Inc.
Food Network Magazine*

*1 onion, chopped
1/2 cup sauerkraut, chopped
1 teaspoon caraway seeds
olive oil
2 tablespoons mayonnaise
2 tablespoons ketchup
2 teaspoons sweet pickle relish
dash Worcestershire sauce
1/2 cup Swiss cheese, grated*

In a skillet, cook the onion, sauerkraut and caraway seeds in olive oil until browned, about 8 minutes.

Stir in the mayonnaise, ketchup, pickle relish, Worcestershire and Swiss cheese.

Per Serving (excluding unknown items): 526 Calories; 40g Fat (64.6% calories from fat); 20g Protein; 29g Carbohydrate; 6g Dietary Fiber; 62mg Cholesterol; 1526mg Sodium. Exchanges: 2 Lean Meat; 3 Vegetable; 4 Fat; 1 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	526	Vitamin B6 (mg):	.5mg
% Calories from Fat:	64.6%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	21.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	40g	Folacin (mcg):	59mcg
Saturated Fat (g):	13g	Niacin (mg):	1mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	12g	Alcohol (kcal):	0
Cholesterol (mg):	62mg	% Refused:	0.0%
Carbohydrate (g):	29g	Food Exchanges	
Dietary Fiber (g):	6g	Grain (Starch):	0
Protein (g):	20g	Lean Meat:	2
Sodium (mg):	1526mg	Vegetable:	3
Potassium (mg):	622mg	Fruit:	0
Calcium (mg):	629mg	Non-Fat Milk:	0

Iron (mg): 3mg
Zinc (mg): 3mg
Vitamin C (mg): 29mg
Vitamin A (i.u.): 906IU
Vitamin A (r.e.): 195RE

Fat: 4
Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 526 **Calories from Fat:** 340

% Daily Values*

Total Fat 40g	61%
Saturated Fat 13g	67%
Cholesterol 62mg	21%
Sodium 1526mg	64%
Total Carbohydrates 29g	10%
Dietary Fiber 6g	26%
Protein 20g	
Vitamin A	18%
Vitamin C	49%
Calcium	63%
Iron	16%

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