

Apricot Butter with Rum

Patricia Holden White (Food as Presents)
The Good Cook Sauces - Time-Life Books

Yield: 2 cups

3/4 cup dried apricots, soaked in water overnight, drained and cut into eighths with scissors
1/2 pound butter, softened
1 tablespoon rum
1/4 cup almonds, blanched, peeled and ground
1 teaspoon grated lemon peel
1/2 teaspoon vanilla extract

Combine the apricots with all of the other ingredients in a small, deep bowl or in the container of a blender.

Mash the apricot mixture with a fork or blend it at low speed until it forms a smooth paste.

Pack the flavored butter into small pots. Cover them with plastic wrap or foil. Place them into the refrigerator.

The author suggests that this sauce should be served with Christmas pudding and mince pie. It will keep for up to one month in the refrigerator.

Per Serving (excluding unknown items): 2108 Calories; 203g Fat (84.9% calories from fat); 13g Protein; 69g Carbohydrate; 13g Dietary Fiber; 497mg Cholesterol; 1889mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 4 Fruit; 40 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	2108	Vitamin B6 (mg):	.2mg
% Calories from Fat:	84.9%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	12.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.3%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	203g	Folacin (mcg):	37mcg
Saturated Fat (g):	116g	Niacin (mg):	4mg
Monounsaturated Fat (g):	65g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	11g	Alcohol (kcal):	38
Cholesterol (mg):	497mg	% Daily Value*	on on%
Carbohydrate (g):	69g	Food Exchanges	
Dietary Fiber (g):	13g	Grain (Starch):	1/2
Protein (g):	13g	Lean Meat:	1
Sodium (mg):	1889mg	Vegetable:	0

Potassium (mg): 1666mg
Calcium (mg): 195mg
Iron (mg): 6mg
Zinc (mg): 2mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 14002IU
Vitamin A (r.e.): 2424 1/2RE

Fruit: 4
Non-Fat Milk: 0
Fat: 40
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2108 Calories from Fat: 1791

% Daily Values*

Total Fat	203g	312%
Saturated Fat	116g	582%
Cholesterol	497mg	166%
Sodium	1889mg	79%
Total Carbohydrates	69g	23%
Dietary Fiber	13g	51%
Protein	13g	
Vitamin A		280%
Vitamin C		9%
Calcium		20%
Iron		35%

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