

Anchovy-Garlic Sauce

Bob Barletta - Marietta, GA
Southern Living -1986 Annual Recipes

1 can (2 ounce) anchovy fillets,
minced
3 cloves garlic, minced
1/2 cup olive oil

In a skillet, heat the olive oil.

Saute' the anchovies and garlic for 2 minutes.

Serve.

Per Serving (excluding unknown items): 977 Calories; 108g Fat (98.1% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 148mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	977
% Calories from Fat:	98.1%
% Calories from Carbohydrates:	1.2%
% Calories from Protein:	0.7%
Total Fat (g):	108g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	80g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	3mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	148mg
Potassium (mg):	58mg
Calcium (mg):	26mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	3mg

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

Food Exchanges

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

Vitamin A (i.u.): 3IU
Vitamin A (r.e.): 1RE

Nutrition Facts

Amount Per Serving

Calories	977	Calories from Fat: 958
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% Daily Values*

Total Fat	108g	167%
Saturated Fat	15g	73%
Cholesterol	3mg	1%
Sodium	148mg	6%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	1%
Protein	2g	

Vitamin A	0%
Vitamin C	5%
Calcium	3%
Iron	4%

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