

Apple Dessert Sauce

Southern Living - 1987 Annual Recipes

Yield: 1 3/4 cups

*3/4 cup apple, chopped
1 tablespoon water
1 cup firmly packed brown sugar
1 cup sour cream
1/4 teaspoon ground cinnamon*

In a three-cup glass bowl, combine the apple and water. Cover and microwave on HIGH for 1 minute.

Add the brown sugar, sour cream and cinnamon, stirring well. Microwave on MEDIUM (50% power) for 1 to 2 minutes or until the brown sugar melts, stirring once.

Serve warm over ice cream or cake.

Per Serving (excluding unknown items): 1370 Calories; 49g Fat (30.9% calories from fat); 7g Protein; 237g Carbohydrate; 3g Dietary Fiber; 102mg Cholesterol; 209mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 1/2 Non-Fat Milk; 9 1/2 Fat; 14 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1370	Vitamin B6 (mg):	.1mg
% Calories from Fat:	30.9%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	67.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.1%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	49g	Folacin (mcg):	30mcg
Saturated Fat (g):	30g	Niacin (mg):	trace
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	102mg	% Daily Value*	on on%
Carbohydrate (g):	237g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	7g	Lean Meat:	0
Sodium (mg):	209mg	Vegetable:	0
Potassium (mg):	1190mg	Fruit:	1

Calcium (mg): 468mg
Iron (mg): 5mg
Zinc (mg): 1mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 1862IU
Vitamin A (r.e.): 549 1/2RE

Non-Fat Milk: 1/2
Fat: 9 1/2
Other Carbohydrates: 14

Nutrition Facts

Amount Per Serving

Calories 1370 **Calories from Fat:** 423

% Daily Values*

Total Fat	49g	75%
Saturated Fat	30g	150%
Cholesterol	102mg	34%
Sodium	209mg	9%
Total Carbohydrates	237g	79%
Dietary Fiber	3g	10%
Protein	7g	

Vitamin A	37%
Vitamin C	11%
Calcium	47%
Iron	26%

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