

Apricot Sauce

Barbara Carson - Hollywood, FL
Southern Living - 1987 Annual Recipes

Yield: 1 1/3 cups

1 cup apricot preserves
1 jar (4 ounce) diced pimientos,
drained
2 1/2 tablespoons vinegar

In a saucepan, combine the preserves,
pimientos and vinegar.

Bring to a boil over medium heat.

Reduce the heat and simmer for 3 minutes.

Cover and chill for 3 hours.

Per Serving (excluding unknown
items): 780 Calories; 1g Fat (0.7%
calories from fat); 2g Protein; 208g
Carbohydrate; 4g Dietary Fiber;
0mg Cholesterol; 128mg Sodium.
Exchanges: 14 Other
Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|-----------------------|--------|
| Calories (kcal): | 780 | Vitamin B6 (mg): | 0mg |
| % Calories from Fat: | 0.7% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 98.3% | Thiamin B1 (mg): | 0mg |
| % Calories from Protein: | 1.1% | Riboflavin B2 (mg): | 0mg |
| Total Fat (g): | 1g | Folacin (mcg): | 106mcg |
| Saturated Fat (g): | 0g | Niacin (mg): | 0mg |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 0g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Refuse: | n n% |
| Carbohydrate (g): | 208g | Food Exchanges | |
| Dietary Fiber (g): | 4g | Grain (Starch): | 0 |
| Protein (g): | 2g | Lean Meat: | 0 |
| Sodium (mg): | 128mg | Vegetable: | 0 |
| Potassium (mg): | 284mg | Fruit: | 0 |
| Calcium (mg): | 66mg | Non-Fat Milk: | 0 |

Iron (mg): 2mg
Zinc (mg): trace
Vitamin C (mg): 28mg
Vitamin A (i.u.): 656IU
Vitamin A (r.e.): 67RE

Fat: 0
Other Carbohydrates: 14

Nutrition Facts

Amount Per Serving

Calories 780 Calories from Fat: 5

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 1g | 1% |
| Saturated Fat | 0g | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 128mg | 5% |
| Total Carbohydrates | 208g | 69% |
| Dietary Fiber | 4g | 15% |
| Protein | 2g | |
| Vitamin A | | 13% |
| Vitamin C | | 47% |
| Calcium | | 7% |
| Iron | | 9% |

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