

Blue Cheese Sauce for Steaks

*Helen Brown (Helen Brown's West Coast Cook Book)
The Good Cook Sauces - Time-Life Books*

*1/4 pound blue cheese, softened
1 clove garlic, crushed and macerated
in 1 to 2 tbsp brandy for 15 minutes
1/4 cup olive oil*

Pound the garlic clove and brandy to a paste.
Blend in the blue cheese and olive oil.

Grill a thick steak. Slice it. Spread it with the
mixture and slip it under the broiler just long
enough to melt the cheese.

*This sauce works well for hamburgers
also.*

Per Serving (excluding unknown
items): 883 Calories; 87g Fat
(87.4% calories from fat); 24g
Protein; 4g Carbohydrate; trace
Dietary Fiber; 85mg Cholesterol;
1584mg Sodium. Exchanges: 3 1/2
Lean Meat; 0 Vegetable; 15 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	883	Vitamin B6 (mg):	.2mg
% Calories from Fat:	87.4%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	1.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.0%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	87g	Folacin (mcg):	41mcg
Saturated Fat (g):	28g	Niacin (mg):	1mg
Monounsaturated Fat (g):	49g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	85mg	% Refuse:	n n%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	24g	Lean Meat:	3 1/2
Sodium (mg):	1584mg	Vegetable:	0
Potassium (mg):	303mg	Fruit:	0
Calcium (mg):	604mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	15
Zinc (mg):	3mg	Other Carbohydrates:	0

Vitamin C (mg): 1mg
Vitamin A (i.u.): 818IU
Vitamin A (r.e.): 245RE

Nutrition Facts

Amount Per Serving

Calories	883	Calories from Fat: 771
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% Daily Values*

Total Fat	87g	133%
Saturated Fat	28g	142%
Cholesterol	85mg	28%
Sodium	1584mg	66%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	0%
Protein	24g	

Vitamin A	16%
Vitamin C	2%
Calcium	60%
Iron	3%

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