

# Buttermilk Sauce

*Sarah Watson - Knoxville, TN  
Southern Living - 1984 Annual Recipes*

## Yield: 1 cup

*2 tablespoons butter or margarine  
1 tablespoon all-purpose flour  
3/4 cup buttermilk  
1/4 cup mayonnaise  
1/4 teaspoon salt  
dash pepper*

In a heavy saucepan over low heat, melt the butter. Add the flour, stirring until smooth. Cook for 1 minute, stirring constantly.

Gradually add the buttermilk. Cook over medium heat, stirring constantly, until thickened and bubbly.

Stir in the mayonnaise, salt and pepper with a wire whisk until smooth and thoroughly heated.

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Per Serving (excluding unknown items): 700 Calories; 71g Fat (87.7% calories from fat); 8g Protein; 15g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 1273mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Non-Fat Milk; 8 1/2 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	700	Vitamin B6 (mg):	.4mg
% Calories from Fat:	87.7%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	8.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	71g	Folacin (mcg):	26mcg
Saturated Fat (g):	22g	Niacin (mg):	1mg
Monounsaturated Fat (g):	20g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	24g	Alcohol (kcal):	0
Cholesterol (mg):	88mg	% Daily Value*	on on%
Carbohydrate (g):	15g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	1/2
Protein (g):	8g	Lean Meat:	0
Sodium (mg):	1273mg	Vegetable:	0

**Potassium (mg):** 312mg  
**Calcium (mg):** 235mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 1082IU  
**Vitamin A (r.e.):** 260RE

**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 8 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 700                      Calories from Fat: 614

### % Daily Values\*

<b>Total Fat</b>	71g	110%
Saturated Fat	22g	109%
<b>Cholesterol</b>	88mg	29%
<b>Sodium</b>	1273mg	53%
<b>Total Carbohydrates</b>	15g	5%
Dietary Fiber	trace	1%
<b>Protein</b>	8g	
<b>Vitamin A</b>		22%
<b>Vitamin C</b>		3%
<b>Calcium</b>		24%
<b>Iron</b>		4%

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