

# Catalan Sauce (Sauce a la Catalane)

*Diana Kennedy - The Cuisines of Mexico  
The Good Cook Sauces - Time-Life Books*

1 onion, sliced  
10 cloves garlic  
1/3 cup oil  
2 cups tomato puree'  
1 cup fresh orange juice  
1/4 cup grated orange peel  
3 tablespoons fresh lemon juice  
2 teaspoons grated lemon peel  
cayenne pepper  
2 tablespoons fresh parsley, finely  
chopped  
2 tablespoons fresh mint leaves,  
chopped  
dry mustard  
1/3 cup Madeira

In a saucepan over medium heat, fry the onion and garlic in the oil.

Stir in the tomato puree', orange juice, orange peel, lemon juice, lemon peel, a pinch of cayenne, parsley, mint, a little mustard and the Madeira.

Heat the sauce through before serving.

*The author suggests serving this sauce with pork or with dishes of game.*

Per Serving (excluding unknown items): 961 Calories; 73g Fat (71.9% calories from fat); 6g Protein; 58g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 24mg Sodium. Exchanges: 4 Vegetable; 2 1/2 Fruit; 14 1/2 Fat.

## Per Serving Nutritional Analysis

Calories (kcal):	961
% Calories from Fat:	71.9%
% Calories from Carbohydrates:	25.4%
% Calories from Protein:	2.7%
Total Fat (g):	73g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	43g
Polyunsaturated Fat (g):	15g
Cholesterol (mg):	0mg
Carbohydrate (g):	58g
Dietary Fiber (g):	5g
Protein (g):	6g
Sodium (mg):	24mg
Potassium (mg):	1068mg
Calcium (mg):	188mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	211mg

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	195mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	82
% Refuse:	0 0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	4
Fruit:	2 1/2
Non-Fat Milk:	0
Fat:	14 1/2
Other Carbohydrates:	0

Vitamin A (i.u.): 1457IU  
Vitamin A (r.e.): 145 1/2RE

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## Nutrition Facts

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### Amount Per Serving

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<b>Calories</b>	961	Calories from Fat: 691
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### % Daily Values\*

<b>Total Fat</b>	73g	112%
Saturated Fat	8g	42%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	24mg	1%
<b>Total Carbohydrates</b>	58g	19%
Dietary Fiber	5g	22%
<b>Protein</b>	6g	

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<b>Vitamin A</b>	29%
<b>Vitamin C</b>	351%
<b>Calcium</b>	19%
<b>Iron</b>	19%

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