

Cocktail Sauce

*Violet Moore - Montezuma, GA
Southern Living - 1987 Annual Recipes*

Yield: 1 1/2 cups

*3 tablespoons dark brown sugar
1/2 teaspoon cornstarch
1/8 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1/8 teaspoon ground red pepper
1 can (10-3/4 ounce) tomato soup,
undiluted
3 tablespoons prepared horseradish
2 tablespoons vinegar
2 tablespoons lemon juice*

In a saucepan, combine the brown sugar, cornstarch, cinnamon, cloves and red pepper. Stir well.

Add the soup, horseradish, vinegar and lemon juice. Stir well.

Cook over medium heat, stirring constantly, until the mixture is thickened.

Remove from the heat. Cool.

Cover and chill.

Serve with shrimp.

Per Serving (excluding unknown items): 281 Calories; 2g Fat (6.8% calories from fat); 3g Protein; 68g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 854mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 3 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	281	Vitamin B6 (mg):	.2mg
% Calories from Fat:	6.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	89.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	45mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%

Carbohydrate (g):	68g
Dietary Fiber (g):	2g
Protein (g):	3g
Sodium (mg):	854mg
Potassium (mg):	590mg
Calcium (mg):	81mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	92mg
Vitamin A (i.u.):	710IU
Vitamin A (r.e.):	70 1/2RE

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	3

Nutrition Facts

Amount Per Serving

Calories	281	Calories from Fat: 19
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% Daily Values*

Total Fat	2g	4%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	854mg	36%
Total Carbohydrates	68g	23%
Dietary Fiber	2g	9%
Protein	3g	
Vitamin A		14%
Vitamin C		154%
Calcium		8%
Iron		17%

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