

Cottage Cheese Sauce

Norma Cowden - Shawnee, OK
Southern Living - 1987 Annual Recipes

Yield: 2 cups

1 cup cottage cheese
1 tablespoon minced onion
1 1/2 tablespoons Worcestershire sauce
1/2 teaspoon sugar
1/2 teaspoon paprika
1/4 teaspoon white pepper
1/8 teaspoon salt
1/2 cup whipping cream, whipped

In a bowl, combine the cottage cheese, minced onion, Worcestershire sauce, sugar, paprika, white pepper and salt. Stir well.

Fold in the whipped cream.

Cover and chill for at least two hours.

Serve on baked potatoes or other vegetable.

Per Serving (excluding unknown items): 648 Calories; 49g Fat (67.0% calories from fat); 34g Protein; 20g Carbohydrate; 1g Dietary Fiber; 182mg Cholesterol; 1439mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 9 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	648
% Calories from Fat:	67.0%
% Calories from Carbohydrates:	12.0%
% Calories from Protein:	21.0%
Total Fat (g):	49g
Saturated Fat (g):	30g
Monounsaturated Fat (g):	14g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	182mg
Carbohydrate (g):	20g
Dietary Fiber (g):	1g
Protein (g):	34g
Sodium (mg):	1439mg
Potassium (mg):	530mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.8mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	37mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	4 1/2
Vegetable:	0
Fruit:	0

Calcium (mg): 263mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 43mg
Vitamin A (i.u.): 2629IU
Vitamin A (r.e.): 625 1/2RE

Non-Fat Milk: 1/2
Fat: 9
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 648 Calories from Fat: 434

% Daily Values*

Total Fat	49g	75%
Saturated Fat	30g	151%
Cholesterol	182mg	61%
Sodium	1439mg	60%
Total Carbohydrates	20g	7%
Dietary Fiber	1g	2%
Protein	34g	
Vitamin A		53%
Vitamin C		71%
Calcium		26%
Iron		12%

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