

# Cranberry Juice Sauce

Mrs. Thomas Lee Adams - Kingsport, TN  
Southern Living -1986 Annual Recipes

## Yield: 1 1/2 cups

1 cup firmly packed brown sugar  
1 1/2 tablespoons cornstarch  
1/4 teaspoon ground allspice  
1 cup cranberry juice  
1 tablespoon lemon juice  
1/2 cup golden raisins

In a small saucepan, combine the sugar, cornstarch and allspice.

Stir in the cranberry juice and lemon juice. Cook over medium heat, stirring constantly, until the mixture thickens. Stir in the raisins.

Serve hot with ham or pork.

Per Serving (excluding unknown items): 1271 Calories; 1g Fat (0.5% calories from fat); 3g Protein; 329g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 102mg Sodium. Exchanges: 1/2 Grain(Starch); 6 1/2 Fruit; 0 Fat; 14 Other Carbohydrates.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	1271
% Calories from Fat:	0.5%
% Calories from Carbohydrates:	98.7%
% Calories from Protein:	0.9%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	329g
Dietary Fiber (g):	4g
Protein (g):	3g
Sodium (mg):	102mg
Potassium (mg):	1447mg
Calcium (mg):	243mg

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	8mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

### Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	6 1/2
Non-Fat Milk:	0

Iron (mg): 6mg  
Zinc (mg): 1mg  
Vitamin C (mg): 99mg  
Vitamin A (i.u.): 52IU  
Vitamin A (r.e.): 4RE

Fat: 0  
Other Carbohydrates: 14

## Nutrition Facts

### Amount Per Serving

Calories 1271      Calories from Fat: 6

### % Daily Values\*

<b>Total Fat</b>	1g	1%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	102mg	4%
<b>Total Carbohydrates</b>	329g	110%
Dietary Fiber	4g	15%
<b>Protein</b>	3g	

<b>Vitamin A</b>	1%
<b>Vitamin C</b>	166%
<b>Calcium</b>	24%
<b>Iron</b>	34%

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