

Creamy Mustard Sauce

*Julia Garmon - Alexandria, VA
Southern Living - 1986 Annual Recipes*

Yield: 1 3/4 cups

*1 cup sugar
2 tablespoons dry mustard
2 1/2 teaspoons cornstarch
2 egg yolks, beaten
1 cup half-and-half
1 1/2 tablespoons cider vinegar
fresh parsley twigs*

In a heavy saucepan, combine the sugar, dry mustard and cornstarch. Mix well.

In a bowl, combine the egg yolks and half-and-half. Stir well.

Gradually stir the egg mixture into the dry ingredients. Cook over medium heat until smooth and thickened, stirring constantly.

Stir in the vinegar. Let cool.

Pour the sauce into a serving dish. Garnish with fresh parsley sprigs.

Per Serving (excluding unknown items): 962 Calories; 13g Fat (11.7% calories from fat); 8g Protein; 210g Carbohydrate; trace Dietary Fiber; 425mg Cholesterol; 18mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 2 Fat; 13 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	962
% Calories from Fat:	11.7%
% Calories from Carbohydrates:	85.0%
% Calories from Protein:	3.3%
Total Fat (g):	13g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	425mg
Carbohydrate (g):	210g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	48mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): trace
 Protein (g): 8g
 Sodium (mg): 18mg
 Potassium (mg): 143mg
 Calcium (mg): 79mg
 Iron (mg): 2mg
 Zinc (mg): 2mg
 Vitamin C (mg): 1mg
 Vitamin A (i.u.): 680IU
 Vitamin A (r.e.): 197 1/2RE

Grain (Starch): 1/2
 Lean Meat: 1
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 2
 Other Carbohydrates: 13 1/2

Nutrition Facts

Amount Per Serving

Calories 962 Calories from Fat: 113

% Daily Values*

Total Fat	13g	20%
Saturated Fat	3g	16%
Cholesterol	425mg	142%
Sodium	18mg	1%
Total Carbohydrates	210g	70%
Dietary Fiber	trace	1%
Protein	8g	

Vitamin A	14%
Vitamin C	2%
Calcium	8%
Iron	13%

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