

Currant Sauce

*M. E. Costello - Atlanta, GA
Southern Living - 1987 Annual Recipes*

Yield: 1 cup

*1/4 cup red currant jelly
1/4 cup catsup
1/4 cup port wine
1/4 cup Worcestershire sauce
2 tablespoons butter or margarine*

In a small saucepan, combine the jelly, catsup, wine, Worcestershire sauce and butter.

Cook over medium heat, stirring constantly, until thoroughly heated.

Per Serving (excluding unknown items): 406 Calories; 23g Fat (58.8% calories from fat); 2g Protein; 34g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 1536mg Sodium. Exchanges: 4 1/2 Fat; 2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	406
% Calories from Fat:	58.8%
% Calories from Carbohydrates:	38.6%
% Calories from Protein:	2.7%
Total Fat (g):	23g
Saturated Fat (g):	14g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	62mg
Carbohydrate (g):	34g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	1536mg
Potassium (mg):	833mg
Calcium (mg):	85mg
Iron (mg):	4mg
Zinc (mg):	trace
Vitamin C (mg):	117mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	11mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	93
% Refuse:	0.0%

Food Exchanges

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

Vitamin A (i.u.): 1541IU
Vitamin A (r.e.): 296RE

Nutrition Facts

Amount Per Serving

Calories	406	Calories from Fat: 239
-----------------	-----	------------------------

% Daily Values*

Total Fat	23g	36%
Saturated Fat	14g	72%
Cholesterol	62mg	21%
Sodium	1536mg	64%
Total Carbohydrates	34g	11%
Dietary Fiber	1g	3%
Protein	2g	

Vitamin A	31%
Vitamin C	195%
Calcium	8%
Iron	24%

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