

Dill Sauce

Southern Living - 1984 Annual Recipes

Yield: 1 1/2 cups

2 tablespoons butter or margarine

2 tablespoons all-purpose flour

1 cup chicken broth

1/4 cup sour cream

2 tablespoons dried whole dillweed

Place the butter in a four-cup glass measure. Microwave on HIGH for 45 seconds or until melted.

Add the flour, stirring until smooth. Gradually add the broth, stirring well.

Microwave on HIGH for 2 minutes. Stir well. Microwave on HIGH for 2 more minutes, stirring at 1 minute intervals, until thickened and bubbly.

Add the sour cream and dillweed, stirring until smooth.

Serve over vegetables.

Per Serving (excluding unknown items): 437 Calories; 37g Fat (74.4% calories from fat); 10g Protein; 19g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 1041mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 7 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	437
% Calories from Fat:	74.4%
% Calories from Carbohydrates:	16.9%
% Calories from Protein:	8.7%
Total Fat (g):	37g
Saturated Fat (g):	22g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	88mg
Carbohydrate (g):	19g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	36mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Dietary Fiber (g): 1g
 Protein (g): 10g
 Sodium (mg): 1041mg
 Potassium (mg): 518mg
 Calcium (mg): 196mg
 Iron (mg): 4mg
 Zinc (mg): 1mg
 Vitamin C (mg): 4mg
 Vitamin A (i.u.): 1684IU
 Vitamin A (r.e.): 387RE

Grain (Starch): 1
 Lean Meat: 1/2
 Vegetable: 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 7
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 437 Calories from Fat: 325

% Daily Values*

Total Fat	37g	57%
Saturated Fat	22g	111%
Cholesterol	88mg	29%
Sodium	1041mg	43%
Total Carbohydrates	19g	6%
Dietary Fiber	1g	5%
Protein	10g	

Vitamin A	34%
Vitamin C	6%
Calcium	20%
Iron	24%

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