

Egg Foo Yong Sauce

Ray Black - El Dorado, AR
Southern Living - 1986 Annual Recipes

Yield: 1 cup
2 1/2 teaspoons arrowroot
2 tablespoons water
1 cup chicken broth
1 teaspoon soy sauce
teaspoon green onions, chopped

Dissolve the arrowroot in water.

In a saucepan, combine the broth and soy sauce. Heat until warmed.

Stir in the arrowroot mixture. Cook over low heat until thickened, stirring constantly.

Add the onions. Cook until the onions are heated.

Per Serving (excluding unknown items): 65 Calories; 1g Fat (19.8% calories from fat); 5g Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1107mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	65	Vitamin B6 (mg):	trace
% Calories from Fat:	19.8%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	46.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	33.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	6mcg
Saturated Fat (g):	trace	Niacin (mg):	3mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	7g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	1/2
Protein (g):	5g	Lean Meat:	1/2
Sodium (mg):	1107mg	Vegetable:	0

Potassium (mg): 218mg
Calcium (mg): 14mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 65 Calories from Fat: 13

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	1107mg	46%
Total Carbohydrates	7g	2%
Dietary Fiber	trace	1%
Protein	5g	
Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		4%

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