

# Great Orange Sauce

*Easy Summer Entertaining (1991)*

*Kraft General Foods, Inc.*

## **Yield: 1 1/2 cups**

*1/2 cup Miracle Whip®*

*1/2 cup whipping cream*

*2 tablespoons sugar*

*2 tablespoons orange-flavored liqueur*

*1/2 teaspoon grated orange peel*

*1/4 teaspoon vanilla*

## **Preparation Time: 5 minutes**

In a bowl, mix together the Miracle Whip, whipping cream, sugar, orange liqueur, orange peel and vanilla until well blended.

Cover. Chill.

Serve with assorted fresh berries and ladyfingers.

*Orange juice may be substituted for the orange liqueur.*

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Per Serving (excluding unknown items): 1072 Calories; 100g Fat (82.7% calories from fat); 2g Protein; 45g Carbohydrate; trace Dietary Fiber; 203mg Cholesterol; 805mg Sodium. Exchanges: 0 Fruit; 1/2 Non-Fat Milk; 20 Fat; 2 1/2 Other Carbohydrates.

Sauces and Condiments

## **Per Serving Nutritional Analysis**

|                                       |       |                            |       |
|---------------------------------------|-------|----------------------------|-------|
| <b>Calories (kcal):</b>               | 1072  | <b>Vitamin B6 (mg):</b>    | trace |
| <b>% Calories from Fat:</b>           | 82.7% | <b>Vitamin B12 (mcg):</b>  | .2mcg |
| <b>% Calories from Carbohydrates:</b> | 16.4% | <b>Thiamin B1 (mg):</b>    | trace |
| <b>% Calories from Protein:</b>       | 0.9%  | <b>Riboflavin B2 (mg):</b> | .1mg  |
| <b>Total Fat (g):</b>                 | 100g  | <b>Folacin (mcg):</b>      | 5mcg  |
| <b>Saturated Fat (g):</b>             | 35g   | <b>Niacin (mg):</b>        | trace |
| <b>Monounsaturated Fat (g):</b>       | 13g   | <b>Caffeine (mg):</b>      | 0mg   |
| <b>Polyunsaturated Fat (g):</b>       | 2g    | <b>Alcohol (kcal):</b>     | 3     |
| <b>Cholesterol (mg):</b>              | 203mg | <b>% Refuse:</b>           | 0.0%  |
| <b>Carbohydrate (g):</b>              | 45g   |                            |       |
| <b>Dietary Fiber (g):</b>             | trace | <b>Food Exchanges</b>      |       |
| <b>Protein (g):</b>                   | 2g    | <b>Grain (Starch):</b>     | 0     |
| <b>Sodium (mg):</b>                   | 805mg | <b>Lean Meat:</b>          | 0     |
| <b>Potassium (mg):</b>                | 92mg  | <b>Vegetable:</b>          | 0     |
|                                       |       | <b>Fruit:</b>              | 0     |

**Calcium (mg):** 79mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 1754IU  
**Vitamin A (r.e.):** 501 1/2RE

**Non-Fat Milk:** 1/2  
**Fat:** 20  
**Other Carbohydrates:** 2 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 1072      **Calories from Fat:** 886

### % Daily Values\*

**Total Fat** 100g 154%  
     Saturated Fat 35g 177%  
**Cholesterol** 203mg 68%  
**Sodium** 805mg 34%  
**Total Carbohydrates** 45g 15%  
     Dietary Fiber trace 0%  
**Protein** 2g

**Vitamin A** 35%  
**Vitamin C** 3%  
**Calcium** 8%  
**Iron** 0%

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