

Horseradish Sauce II

Mrs. Bernie Benigno - Gulfport, MS
Southern Living -1986 Annual Recipes

Yield: 2 cups

1/4 cup butter or margarine
1/4 cup all-purpose flour
1/4 teaspoon salt
1/8 teaspoon pepper
dash red pepper
2 cups milk
3 to 4 tablespoons prepared
horseradish
1 tablespoon lemon juice

In a large saucepan over low heat, melt the butter. Add the flour, salt, pepper and red pepper, stirring until smooth. Cook for 1 minute, stirring constantly.

Gradually add the milk. Cook over medium heat, stirring constantly, until the mixture is thickened and bubbly.

Stir in the horseradish and lemon juice. Cook until the sauce is thoroughly heated.

Serve hot with corned beef or roast beef.

Per Serving (excluding unknown items): 846 Calories; 63g Fat (65.8% calories from fat); 20g Protein; 53g Carbohydrate; 2g Dietary Fiber; 191mg Cholesterol; 1383mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 Non-Fat Milk; 12 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	846
% Calories from Fat:	65.8%
% Calories from Carbohydrates:	24.7%
% Calories from Protein:	9.5%
Total Fat (g):	63g
Saturated Fat (g):	39g
Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	191mg
Carbohydrate (g):	53g
Dietary Fiber (g):	2g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	1.8mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	102mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
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Protein (g): 20g
Sodium (mg): 1383mg
Potassium (mg): 920mg
Calcium (mg): 632mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 23mg
Vitamin A (i.u.): 2353IU
Vitamin A (r.e.): 615RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 2
Fat: 12
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 846 Calories from Fat: 557

% Daily Values*

Total Fat	63g	97%
Saturated Fat	39g	194%
Cholesterol	191mg	64%
Sodium	1383mg	58%
Total Carbohydrates	53g	18%
Dietary Fiber	2g	10%
Protein	20g	

Vitamin A	47%
Vitamin C	38%
Calcium	63%
Iron	11%

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