

# Italian Sweet-and-Sour Sauce (Salsa Agrodolce)

*Giuseppe Oberosler (Il Tesoretto Della Cucina Italiana)  
The Good Cook Sauces - Time-Life Books*

## **Yield: 3/4 cup**

*4 tablespoons butter  
1 tablespoon flour  
3/4 cup chicken stock  
2 tablespoons superfine sugar  
2 tablespoons boiling white wine  
vinegar  
1 tablespoon capers, rinsed and  
drained*

In a saucepan, melt the butter. Add the flour, stirring until it dissolves. Stir in the stock.

In a small saucepan, heat the sugar. When it turns brown, add the boiling vinegar and stir to dissolve the sugar in the liquid.

Pour the sugar and vinegar mixture into the pan containing the sauce. Simmer the sauce for 30 minutes.

Just before serving, add the capers.

*This sauce goes well with poultry, pork and game.*

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Per Serving (excluding unknown items): 436 Calories; 46g Fat (93.4% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 124mg Cholesterol; 546mg Sodium. Exchanges: 1/2 Grain(Starch); 9 Fat; 0 Other Carbohydrates.

Sauces and Condiments

## **Per Serving Nutritional Analysis**

|                                       |       |                            |       |
|---------------------------------------|-------|----------------------------|-------|
| <b>Calories (kcal):</b>               | 436   | <b>Vitamin B6 (mg):</b>    | trace |
| <b>% Calories from Fat:</b>           | 93.4% | <b>Vitamin B12 (mcg):</b>  | .1mcg |
| <b>% Calories from Carbohydrates:</b> | 5.4%  | <b>Thiamin B1 (mg):</b>    | .1mg  |
| <b>% Calories from Protein:</b>       | 1.2%  | <b>Riboflavin B2 (mg):</b> | .1mg  |
| <b>Total Fat (g):</b>                 | 46g   | <b>Folacin (mcg):</b>      | 4mcg  |
| <b>Saturated Fat (g):</b>             | 29g   | <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>     | 0     |
| <b>Cholesterol (mg):</b>              | 124mg | <b>% Refuse:</b>           | 0.0%  |

|                    |        |
|--------------------|--------|
| Carbohydrate (g):  | 6g     |
| Dietary Fiber (g): | trace  |
| Protein (g):       | 1g     |
| Sodium (mg):       | 546mg  |
| Potassium (mg):    | 26mg   |
| Calcium (mg):      | 15mg   |
| Iron (mg):         | trace  |
| Zinc (mg):         | trace  |
| Vitamin C (mg):    | 0mg    |
| Vitamin A (i.u.):  | 1734IU |
| Vitamin A (r.e.):  | 429RE  |

## Food Exchanges

|                      |     |
|----------------------|-----|
| Grain (Starch):      | 1/2 |
| Lean Meat:           | 0   |
| Vegetable:           | 0   |
| Fruit:               | 0   |
| Non-Fat Milk:        | 0   |
| Fat:                 | 9   |
| Other Carbohydrates: | 0   |

## Nutrition Facts

### Amount Per Serving

|                 |     |                        |
|-----------------|-----|------------------------|
| <b>Calories</b> | 436 | Calories from Fat: 407 |
|-----------------|-----|------------------------|

### % Daily Values\*

|                            |       |      |
|----------------------------|-------|------|
| <b>Total Fat</b>           | 46g   | 71%  |
| Saturated Fat              | 29g   | 143% |
| <b>Cholesterol</b>         | 124mg | 41%  |
| <b>Sodium</b>              | 546mg | 23%  |
| <b>Total Carbohydrates</b> | 6g    | 2%   |
| Dietary Fiber              | trace | 1%   |
| <b>Protein</b>             | 1g    |      |
| <b>Vitamin A</b>           |       | 35%  |
| <b>Vitamin C</b>           |       | 0%   |
| <b>Calcium</b>             |       | 1%   |
| <b>Iron</b>                |       | 3%   |

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