

Jezebel Sauce

*Tallahassee Garden Club - "Savory & Sage"
Southern Living Magazine - July 2013*

Yield: 4 cups

1 jar (18 ounce) apple jelly
1 jar (18 ounce) pineapple preserves
1 jar (5.25 ounce) prepared
horseradish
1/3 cup dry mustard
1 tablespoon cracked black pepper

In a large bowl, whisk together the apple jelly, pineapple preserves, horseradish, dry mustard and black pepper.

A pineapple-and-horseradish-spiked party favorite. Serve with a cheese log or ham.

Per Serving (excluding unknown items): 181 Calories; 7g Fat (33.7% calories from fat); 8g Protein; 24g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 66mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 Fat; 1 Other Carbohydrates.

Sauces

Per Serving Nutritional Analysis

Calories (kcal):	181
% Calories from Fat:	33.7%
% Calories from Carbohydrates:	50.1%
% Calories from Protein:	16.2%
Total Fat (g):	7g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	24g
Dietary Fiber (g):	3g
Protein (g):	8g
Sodium (mg):	66mg
Potassium (mg):	341mg
Calcium (mg):	115mg
Iron (mg):	4mg
Zinc (mg):	2mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	10mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Vitamin C (mg): 8mg
Vitamin A (i.u.): 103IU
Vitamin A (r.e.): 10RE

Nutrition Facts

Amount Per Serving

Calories	181	Calories from Fat: 61
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% Daily Values*

Total Fat	7g	11%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	66mg	3%
Total Carbohydrates	24g	8%
Dietary Fiber	3g	12%
Protein	8g	

Vitamin A	2%
Vitamin C	13%
Calcium	11%
Iron	23%

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