

# Mandarin Sauce II

*Southern Living - 1984 Annual Recipes*

## Yield: 1 1/3 cups

*3/4 cup + 2 tablespoons unsweetened  
white grape juice*

*2 teaspoons cornstarch*

*1 can (11 ounce) mandarin oranges,  
drained*

*1/2 teaspoon lemon rind, grated*

*1/8 teaspoon ground cinnamon*

In a small saucepan, combine the grape juice and cornstarch, stirring until the cornstarch dissolves. Cook over medium heat, stirring constantly, until smooth and thickened.

Stir in the oranges, lemon rind and cinnamon. Cook until thoroughly heated.

Serve the sauce warm over pancakes.

Per Serving (excluding unknown items): 59 Calories; trace Fat (2.4% calories from fat); 1g Protein; 15g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fruit; 0 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	59
% Calories from Fat:	2.4%
% Calories from Carbohydrates:	94.1%
% Calories from Protein:	3.6%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	15g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	1mg
Potassium (mg):	135mg
Calcium (mg):	17mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	17mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

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

Iron (mg): trace  
 Zinc (mg): trace  
 Vitamin C (mg): 27mg  
 Vitamin A (i.u.): 774IU  
 Vitamin A (r.e.): 77 1/2RE

Fat: 0  
 Other Carbohydrates: 0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	59	Calories from Fat: 1
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### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1mg	0%
<b>Total Carbohydrates</b>	15g	5%
Dietary Fiber	2g	9%
<b>Protein</b>	1g	
<b>Vitamin A</b>		15%
<b>Vitamin C</b>		45%
<b>Calcium</b>		2%
<b>Iron</b>		1%

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