

Mandarin-Almond Cream Sauce

Prudence Hilburn - Piedmont, AL
Southern Living - 1984 Annual Recipes

1/4 cup sliced almonds
1/4 cup butter or margarine
1 can (11 ounce) mandarin oranges
1 tablespoon cornstarch
1 tablespoon lemon juice
1/8 teaspoon salt
1/4 cup sour cream

Remove and reserve the liquid from the mandarin oranges. Discard two tablespoons of the juice. Set the oranges aside.

In a medium saucepan, saute' the almonds in butter until lightly browned. Remove the almonds and set aside.

In a bowl, combine the reserved orange liquid and cornstarch. Mix well. Add to the saucepan. Bring to a boil. Cook over medium heat for 1 minute, stirring constantly. Remove from the heat.

Stir in the lemon juice and salt. Allow the sauce to cool slightly.

Add the sour cream and reserved oranges, stirring gently.

Serve over catfish. Garnish with almonds, if desired.

Per Serving (excluding unknown items): 813 Calories; 77g Fat (82.2% calories from fat); 10g Protein; 27g Carbohydrate; 4g Dietary Fiber; 150mg Cholesterol; 760mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 15 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	813	Vitamin B6 (mg):	.1mg
% Calories from Fat:	82.2%	Vitamin B12 (mcg):	.2mcg

% Calories from Carbohydrates:	12.9%
% Calories from Protein:	4.9%
Total Fat (g):	77g
Saturated Fat (g):	38g
Monounsaturated Fat (g):	29g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	150mg
Carbohydrate (g):	27g
Dietary Fiber (g):	4g
Protein (g):	10g
Sodium (mg):	760mg
Potassium (mg):	520mg
Calcium (mg):	185mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	34mg
Vitamin A (i.u.):	2964IU
Vitamin A (r.e.):	643RE

Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	41mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	1
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	15
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 813 Calories from Fat: 669

% Daily Values*

Total Fat	77g	119%
Saturated Fat	38g	190%
Cholesterol	150mg	50%
Sodium	760mg	32%
Total Carbohydrates	27g	9%
Dietary Fiber	4g	18%
Protein	10g	
Vitamin A		59%
Vitamin C		56%
Calcium		18%
Iron		9%

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