

# Mild Mustard Sauce

Janis Moyer - Farmersville, TX  
Southern Living - 1986 Annual Recipes

## Yield: 1 cup

1 tablespoon butter or margarine  
1 1/2 teaspoons all-purpose flour  
1/4 teaspoon salt  
1 cup evaporated milk  
1 tablespoon + 1 teaspoon prepared mustard  
1 tablespoon diced pimiento  
1/2 teaspoon lemon juice

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

Gradually add the milk. Cook over medium heat, stirring constantly, until the mixture thickens.

Stir in the mustard, pimiento and lemon juice. Cook until thoroughly heated.

Serve hot with roast beef or ham.

Per Serving (excluding unknown items): 466 Calories; 31g Fat (59.5% calories from fat); 18g Protein; 29g Carbohydrate; 1g Dietary Fiber; 105mg Cholesterol; 1105mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 Non-Fat Milk; 6 Fat; 0 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	466	Vitamin B6 (mg):	.1mg
% Calories from Fat:	59.5%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	24.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	15.6%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	31g	Folacin (mcg):	28mcg
Saturated Fat (g):	19g	Niacin (mg):	1mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	105mg	% Daily Value*	on on%
Carbohydrate (g):	29g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	18g	Lean Meat:	0

**Sodium (mg):** 1105mg  
**Potassium (mg):** 794mg  
**Calcium (mg):** 677mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 6mg  
**Vitamin A (i.u.):** 1434IU  
**Vitamin A (r.e.):** 291 1/2RE

**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 2  
**Fat:** 6  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 466 Calories from Fat: 277

### % Daily Values\*

<b>Total Fat</b>	31g	48%
Saturated Fat	19g	94%
<b>Cholesterol</b>	105mg	35%
<b>Sodium</b>	1105mg	46%
<b>Total Carbohydrates</b>	29g	10%
Dietary Fiber	1g	2%
<b>Protein</b>	18g	
<b>Vitamin A</b>		29%
<b>Vitamin C</b>		10%
<b>Calcium</b>		68%
<b>Iron</b>		5%

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