

Mint Sauce

Southern Living - 1984 Annual Recipes

Yield: 1 1/2 cups

1/2 cup vinegar

1 cup water

1/2 cup chopped mint leaves, divided

1/2 cup water

1/4 cup lemon juice

2 1/2 tablespoons sugar

dash salt

In a small saucepan, combine the vinegar, one cup of water and 1/4 cup of mint. Bring to a boil. Reduce the heat and simmer until the liquid is reduced by half. Strain.

Add 1/2 cup of water, lemon juice, sugar and salt (the sauce will be thin).

Chill.

To serve, stir in the remaining 1/4 cup of mint leaves. Serve over fish or lamb.

Per Serving (excluding unknown items): 153 Calories; 0g Fat (0.0% calories from fat); trace Protein; 44g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 1/2 Fruit; 2 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	153
% Calories from Fat:	0.0%
% Calories from Carbohydrates:	99.5%
% Calories from Protein:	0.5%
Total Fat (g):	0g
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	44g
Dietary Fiber (g):	trace
Protein (g):	trace
	13mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	8mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
	0
	1

Sodium (mg):
Potassium (mg): 196mg
Calcium (mg): 19mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 28mg
Vitamin A (i.u.): 12IU
Vitamin A (r.e.): 1RE

Vegetable:
Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 2 1/2

Nutrition Facts

Amount Per Serving

Calories 153 **Calories from Fat:** 0

% Daily Values*

Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	13mg	1%
Total Carbohydrates	44g	15%
Dietary Fiber	trace	1%
Protein	trace	
Vitamin A		0%
Vitamin C		47%
Calcium		2%
Iron		4%

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