

# Monterey Jack Sauce

*John Riggins - Nashville, TN  
Southern Living - 1984 Annual Recipes*

## Yield: 2 1/2 cups

*2 cups (8 ounces) Monterey Jack  
cheese, cubed  
2 teaspoons cornstarch  
1 tablespoon water  
6 to 7 medium-sized cooked shrimp,  
chopped OR one can (4-1/2 ounce)  
small shrimp, drained and rinsed  
1/3 cup sliced fresh mushrooms  
1/4 cup dry white wine*

Place the cheese in the top half of a double boiler. Bring the water to a boil. Reduce the heat to low. Cook, stirring constantly, until the cheese melts.

In a bowl, combine the cornstarch and water, stirring well. Stir into the cheese. Cook, stirring constantly, for 1 minute.

Add the shrimp, mushrooms and wine. Stir until thoroughly heated.

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Per Serving (excluding unknown items): 910 Calories; 69g Fat (70.7% calories from fat); 56g Protein; 8g Carbohydrate; trace Dietary Fiber; 201mg Cholesterol; 1217mg Sodium. Exchanges: 1/2 Grain(Starch); 7 1/2 Lean Meat; 0 Vegetable; 9 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	910
% Calories from Fat:	70.7%
% Calories from Carbohydrates:	3.6%
% Calories from Protein:	25.6%
Total Fat (g):	69g
Saturated Fat (g):	43g
Monounsaturated Fat (g):	20g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	201mg
Carbohydrate (g):	8g
Dietary Fiber (g):	trace
Protein (g):	56g
	1217mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.9mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	46mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	40
% Daily Value*	on on%

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	7 1/2
	0

**Sodium (mg):**  
**Potassium (mg):** 315mg  
**Calcium (mg):** 1694mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 7mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 2147IU  
**Vitamin A (r.e.):** 644RE

**Vegetable:**  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 9  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 910                      **Calories from Fat:** 644

### % Daily Values\*

<b>Total Fat</b>	69g	105%
Saturated Fat	43g	215%
<b>Cholesterol</b>	201mg	67%
<b>Sodium</b>	1217mg	51%
<b>Total Carbohydrates</b>	8g	3%
Dietary Fiber	trace	1%
<b>Protein</b>	56g	
<b>Vitamin A</b>		43%
<b>Vitamin C</b>		1%
<b>Calcium</b>		169%
<b>Iron</b>		12%

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