

Mustard Sauce III

Southern Living - 1984 Annual Recipes

Yield: 2 cups

1/2 cup sugar

2 tablespoons dry mustard

1 teaspoon salt

2 egg yolks, beaten

2 cans (5.33 ounce ea) evaporated milk, divided

1/3 cup vinegar

In a bowl, combine the sugar, dry mustard and salt. Stir into the egg yolks. Add 1/4 cup of evaporated milk. Stir the mixture with a wire whisk until smooth.

In a four-cup glass measure, microwave the remaining milk for 1-1/2 minutes or until hot (do not boil).

Add a small amount of the hot milk to the yolk mixture, stirring constantly. Add the yolk mixture to the remaining hot milk, stirring constantly. Microwave on HIGH for for 1-1/2 to 2 minutes, stirring every 30 seconds until smooth and slightly thickened.

Stir in the vinegar. Microwave on HIGH for 1-1/2 minutes, stirring after 1 minute, or until creamy and thickened. Let stand 3 to 4 minutes before serving.

Serve over pork.

Per Serving (excluding unknown items): 1235 Calories; 51g Fat (36.4% calories from fat); 42g Protein; 158g Carbohydrate; trace Dietary Fiber; 573mg Cholesterol; 2681mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 4 Non-Fat Milk; 9 Fat; 7 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1235	Vitamin B6 (mg):	.4mg
% Calories from Fat:	36.4%	Vitamin B12 (mcg):	1.8mcg
% Calories from Carbohydrates:	50.1%	Thiamin B1 (mg):	.3mg
			1.8mg

% Calories from Protein: 13.5%
 Total Fat (g): 51g
 Saturated Fat (g): 26g
 Monounsaturated Fat (g): 16g
 Polyunsaturated Fat (g): 3g
 Cholesterol (mg): 573mg
 Carbohydrate (g): 158g
 Dietary Fiber (g): trace
 Protein (g): 42g
 Sodium (mg): 2681mg
 Potassium (mg): 1725mg
 Calcium (mg): 1409mg
 Iron (mg): 3mg
 Zinc (mg): 5mg
 Vitamin C (mg): 10mg
 Vitamin A (i.u.): 2681IU
 Vitamin A (r.e.): 565RE

Riboflavin B2 (mg):
 Folic Acid (mcg): 88mcg
 Niacin (mg): 2mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 0
 Lean Meat: 1
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 4
 Fat: 9
 Other Carbohydrates: 7

Nutrition Facts

Amount Per Serving

Calories 1235 Calories from Fat: 450

% Daily Values*

Total Fat	51g	78%
Saturated Fat	26g	131%
Cholesterol	573mg	191%
Sodium	2681mg	112%
Total Carbohydrates	158g	53%
Dietary Fiber	trace	1%
Protein	42g	
Vitamin A		54%
Vitamin C		17%
Calcium		141%
Iron		19%

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