

Onion Sauce III

*Dr. Kitchiner - The Cook's Oracle
The Good Cook Sauces - Time-Life Books*

Yield: 2/3 cup

*2 large onions, unpeeled
4 tablespoons butter, melted*

Put the onions into a bowl of salted cold water. Let them soak for one hour.

Wash them and place them into a saucepan with plenty of salted water. Boil them until they are tender, 30 to 40 minutes.

Peel them and pass them through a sieve. Mix the melted butter with them.

This assertive sauce is suitable for roast lamb or pork.

Some cooks mix the pulp of apples or turnips with the onions. Others add mustard to them.

Per Serving (excluding unknown items): 490 Calories; 46g Fat (82.6% calories from fat); 3g Protein; 19g Carbohydrate; 4g Dietary Fiber; 124mg Cholesterol; 475mg Sodium. Exchanges: 3 1/2 Vegetable; 9 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	490	Vitamin B6 (mg):	.2mg
% Calories from Fat:	82.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	15.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	46g	Folacin (mcg):	43mcg
Saturated Fat (g):	29g	Niacin (mg):	trace
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	124mg	% Refuse:	n n%
Carbohydrate (g):	19g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	475mg	Vegetable:	3 1/2
Potassium (mg):	360mg	Fruit:	0

Calcium (mg): 58mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 14mg
Vitamin A (i.u.): 1734IU
Vitamin A (r.e.): 429RE

Non-Fat Milk: 0
Fat: 9
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 490 Calories from Fat: 405

% Daily Values*

Total Fat	46g	71%
Saturated Fat	29g	143%
Cholesterol	124mg	41%
Sodium	475mg	20%
Total Carbohydrates	19g	6%
Dietary Fiber	4g	16%
Protein	3g	
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Vitamin A		35%
Vitamin C		23%
Calcium		6%
Iron		3%

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