

Orange Liqueur Sauce

*Julia Garmon - Alexandria, VA
Southern Living - 1986 Annual Recipes*

Yield: 2 1/2 cups

*1 medium onion, chopped
1 clove garlic, minced
1/2 cup butter or margarine, melted
1/2 cup honey
2/3 cup orange liqueur
2 tablespoons lemon juice
1 tablespoon Worcestershire sauce
1 teaspoon ground ginger
1/2 teaspoon ground allspice
2 tablespoons cornstarch
1/2 cup orange juice*

In a saucepan, saute' the onion and garlic in butter.

Add the honey, orange liqueur, lemon juice, Worcestershire sauce, ginger and allspice, stirring well. Bring to a boil.

In a bowl, dissolve the cornstarch in the orange juice. Add to the onion mixture. Bring to a boil. Cook for 1 minute, stirring constantly. Remove from the heat.

Per Serving (excluding unknown items): 2078 Calories; 93g Fat (46.4% calories from fat); 4g Protein; 236g Carbohydrate; 3g Dietary Fiber; 248mg Cholesterol; 1099mg Sodium. Exchanges: 1 Grain(Starch); 2 Vegetable; 1 Fruit; 18 1/2 Fat; 9 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	2078
% Calories from Fat:	46.4%
% Calories from Carbohydrates:	52.6%
% Calories from Protein:	1.0%
Total Fat (g):	93g
Saturated Fat (g):	57g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	248mg
Carbohydrate (g):	236g
Dietary Fiber (g):	3g
Protein (g):	4g
Sodium (mg):	1099mg
Potassium (mg):	743mg
Calcium (mg):	106mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	112mg
Vitamin A (i.u.):	3746IU
Vitamin A (r.e.):	927RE

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	101mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	558
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	2
Fruit:	1
Non-Fat Milk:	0
Fat:	18 1/2
Other Carbohydrates:	9 1/2

Nutrition Facts

Amount Per Serving

Calories	2078	Calories from Fat: 965
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% Daily Values*

Total Fat	93g	142%
Saturated Fat	57g	287%
Cholesterol	248mg	83%
Sodium	1099mg	46%
Total Carbohydrates	236g	79%
Dietary Fiber	3g	13%
Protein	4g	

Vitamin A	75%
Vitamin C	187%
Calcium	11%
Iron	15%

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