

# Orange Sauce II

*Southern Living - 1984 Annual Recipes*

## Yield: 1 1/4 cups

*1/4 cup + 2 tablespoons chicken  
broth*

*1 tablespoon grated orange rind*

*1/4 cup orange juice*

*3 tablespoons dry white wine*

*3 tablespoons water*

*1 1/2 tablespoons sugar*

*1 tablespoon white wine vinegar*

*1 tablespoon cornstarch*

In a four-cup glass measure, combine all of the ingredients.

Microwave on HIGH for 5 to 6 minutes or until thickened, stirring after 3 minutes.

Per Serving (excluding unknown items): 179 Calories; trace Fat (2.8% calories from fat); 2g Protein; 35g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 196mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 1/2 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	179	Vitamin B6 (mg):	trace
% Calories from Fat:	2.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	92.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	37mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	30
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	35g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	1/2
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	196mg	Vegetable:	0
Potassium (mg):	239mg	Fruit:	1/2
Calcium (mg):	25mg	Non-Fat Milk:	0

Iron (mg): 1mg  
 Zinc (mg): trace  
 Vitamin C (mg): 39mg  
 Vitamin A (i.u.): 149IU  
 Vitamin A (r.e.): 33 1/2RE

Fat: 0  
 Other Carbohydrates: 1 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 179 Calories from Fat: 5

### % Daily Values\*

<b>Total Fat</b>	trace	1%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	196mg	8%
<b>Total Carbohydrates</b>	35g	12%
Dietary Fiber	trace	2%
<b>Protein</b>	2g	
<b>Vitamin A</b>		3%
<b>Vitamin C</b>		65%
<b>Calcium</b>		2%
<b>Iron</b>		3%

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