

# Parsley Sauce

Mrs. Roy D. Simpson - Fort Myers, FL  
Southern Living - 1986 Annual Recipes

## Yield: 1 cup

1 cup skim milk, divided  
1 tablespoon cornstarch  
2 tablespoons reduced-calorie  
margarine  
1/8 teaspoon pepper  
1/4 cup fresh parsley, chopped  
1 1/2 tablespoons lemon juice

In a small saucepan, combine 1/4 cup of skim milk and the cornstarch. Stir until smooth.

Add the remaining milk, margarine and pepper. Cook over medium heat, stirring constantly, until the mixture comes to a boil. Boil for 1 minute.

Remove from the heat. Stir in the parsley and lemon juice.

Per Serving (excluding unknown items): 228 Calories; 12g Fat (45.8% calories from fat); 9g Protein; 22g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 414mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 0 Fruit; 1 Non-Fat Milk; 2 1/2 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	228
% Calories from Fat:	45.8%
% Calories from Carbohydrates:	38.6%
% Calories from Protein:	15.6%
Total Fat (g):	12g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	4mg
Carbohydrate (g):	22g
Dietary Fiber (g):	1g
Protein (g):	9g
Sodium (mg):	414mg
Potassium (mg):	528mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	39mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0

**Calcium (mg):** 331mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 33mg  
**Vitamin A (i.u.):** 2320IU  
**Vitamin A (r.e.):** 459 1/2RE

**Non-Fat Milk:** 1  
**Fat:** 2 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 228                      Calories from Fat: 104

### % Daily Values\*

<b>Total Fat</b>	12g	18%
Saturated Fat	2g	11%
<b>Cholesterol</b>	4mg	1%
<b>Sodium</b>	414mg	17%
<b>Total Carbohydrates</b>	22g	7%
Dietary Fiber	1g	3%
<b>Protein</b>	9g	

<b>Vitamin A</b>	46%
<b>Vitamin C</b>	55%
<b>Calcium</b>	33%
<b>Iron</b>	6%

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