

Parsley-Chive Sauce

*Zola Messick Powell - Adams, TN
Southern Living - 1984 Annual Recipes*

Yield: 1 1/2 cups

*2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1/4 teaspoon dry mustard
1 1/4 cups milk
1/3 cup (1.3 ounces) sharp Cheddar
cheese, shredded
2 tablespoons fresh chopped parsley
OR 2 teaspoons dried parsley flakes
2 tablespoons chopped fresh chives
OR 2 teaspoons freeze-dried chives
1/4 teaspoon salt*

In a heavy saucepan over low heat, melt the butter. Add the flour and mustard. Cook for 1 minute, stirring constantly.

Gradually add the milk. Stir over medium heat until thickened.

Add the cheese, parsley, chives and salt. Stir until the cheese melts.

Per Serving (excluding unknown items): 600 Calories; 46g Fat (68.2% calories from fat); 21g Protein; 27g Carbohydrate; trace Dietary Fiber; 143mg Cholesterol; 1149mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1 Non-Fat Milk; 8 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 600 |
| % Calories from Fat: | 68.2% |
| % Calories from Carbohydrates: | 17.7% |
| % Calories from Protein: | 14.1% |
| Total Fat (g): | 46g |
| Saturated Fat (g): | 29g |
| Monounsaturated Fat (g): | 13g |
| Polyunsaturated Fat (g): | 2g |
| Cholesterol (mg): | 143mg |
| Carbohydrate (g): | 27g |
| Dietary Fiber (g): | trace |
| Protein (g): | 21g |

| | |
|---------------------|--------|
| Vitamin B6 (mg): | .2mg |
| Vitamin B12 (mcg): | 1.4mcg |
| Thiamin B1 (mg): | .2mg |
| Riboflavin B2 (mg): | .7mg |
| Folacin (mcg): | 47mcg |
| Niacin (mg): | 1mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Daily Value* | on on% |

Food Exchanges

| | |
|-----------------|-------|
| Grain (Starch): | 1 |
| Lean Meat: | 1 1/2 |

Sodium (mg): 1149mg
Potassium (mg): 527mg
Calcium (mg): 648mg
Iron (mg): 1mg
Zinc (mg): 2mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 1649IU
Vitamin A (r.e.): 449 1/2RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 1
Fat: 8
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 600 **Calories from Fat:** 409

% Daily Values*

| | | |
|----------------------------|--------|------|
| Total Fat | 46g | 71% |
| Saturated Fat | 29g | 143% |
| Cholesterol | 143mg | 48% |
| Sodium | 1149mg | 48% |
| Total Carbohydrates | 27g | 9% |
| Dietary Fiber | trace | 2% |
| Protein | 21g | |
| Vitamin A | | 33% |
| Vitamin C | | 5% |
| Calcium | | 65% |
| Iron | | 7% |

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