

Parsley-Garlic Sauce

Southern Living - 1984 Annual Recipes

Yield: 3/4 cup

*1/2 cup butter or margarine
2 egg yolks
2 cloves garlic
1 1/2 tablespoons lemon juice
1 tablespoon fresh parsley, minced
1 tablespoon chives, chopped
1/4 teaspoon dry mustard
1/8 teaspoon red pepper
dash salt*

Place the butter in a one-cup glass measure. Microwave on HIGH for 1 minute or until melted. (do not allow the butter to boil.) Set aside.

In a blender container, combine the egg yolks, garlic, lemon juice, parsley, chives, mustard, pepper and salt. Blend until thick and lemon colored.

Turn the blender to low speed. Add the butter to the yolk mixture in a slow, steady stream.

Turn the blender to high speed. Blend until the sauce is smooth and thickened.

Serve over seafood, beef or vegetables.

Per Serving (excluding unknown items): 951 Calories; 102g Fat (94.9% calories from fat); 7g Protein; 5g Carbohydrate; trace Dietary Fiber; 674mg Cholesterol; 954mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 20 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	951	Vitamin B6 (mg):	.2mg
% Calories from Fat:	94.9%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	2.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	102g	Folacin (mcg):	64mcg
Saturated Fat (g):	60g	Niacin (mg):	trace
Monounsaturated Fat (g):	30g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	674mg	% Refuse:	0.00%

Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	7g
Sodium (mg):	954mg
Potassium (mg):	147mg
Calcium (mg):	94mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	20mg
Vitamin A (i.u.):	4466IU
Vitamin A (r.e.):	1087 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	20
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	951	Calories from Fat: 902
-----------------	-----	------------------------

% Daily Values*

Total Fat	102g	158%
Saturated Fat	60g	302%
Cholesterol	674mg	225%
Sodium	954mg	40%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	2%
Protein	7g	
Vitamin A		89%
Vitamin C		33%
Calcium		9%
Iron		10%

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