

Pepper-Onion Sauce

Sharon M. Crider - Evansville, WI
Southern Living - 1984 Annual Recipes

Yield: 1 1/4 cups

1/3 cup onion, finely chopped
1/3 cup green pepper, finely chopped
3 tablespoons butter or margarine
3/4 cup catsup
2 tablespoons brown sugar
1 teaspoon horseradish
1/2 teaspoon salt

In a saucepan, saute' the onion and green pepper in butter until tender.

Stir in the catsup, brown sugar, horseradish and salt.

Cook until thoroughly heated.

Per Serving (excluding unknown items): 596 Calories; 35g Fat (50.1% calories from fat); 4g Protein; 75g Carbohydrate; 4g Dietary Fiber; 93mg Cholesterol; 3567mg Sodium. Exchanges: 1 1/2 Vegetable; 7 Fat; 4 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	596
% Calories from Fat:	50.1%
% Calories from Carbohydrates:	47.3%
% Calories from Protein:	2.6%
Total Fat (g):	35g
Saturated Fat (g):	21g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	93mg
Carbohydrate (g):	75g
Dietary Fiber (g):	4g
Protein (g):	4g
Sodium (mg):	3567mg
Potassium (mg):	1126mg
Calcium (mg):	85mg
Iron (mg):	2mg

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	49mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	7

Zinc (mg): 1mg
Vitamin C (mg): 76mg
Vitamin A (i.u.): 3439IU
Vitamin A (r.e.): 536 1/2RE

Other Carbohydrates: 4 1/2

Nutrition Facts

Amount Per Serving

Calories	596	Calories from Fat: 298
-----------------	-----	------------------------

% Daily Values*

Total Fat	35g	54%
Saturated Fat	21g	107%
Cholesterol	93mg	31%
Sodium	3567mg	149%
Total Carbohydrates	75g	25%
Dietary Fiber	4g	17%
Protein	4g	

Vitamin A	69%
Vitamin C	126%
Calcium	9%
Iron	11%

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