

Pineapple Sauce

Southern Living - 1984 Annual Recipes

Yield: 1 3/4 cups

1 cup pineapple juice
2 tablespoons sugar
1 tablespoon cornstarch
1/4 cup pineapple juice
1 can (8 ounce) crushed pineapple,
drained
2 tablespoons cider vinegar
2 teaspoons prepared mustard
sliced fresh pineapple (for garnish)
(optional)
sliced kiwi (optional)

In a small saucepan, combine one cup of pineapple juice and sugar. Cook over medium heat, stirring constantly, until the sugar dissolves.

In a bowl, combine the cornstarch and 1/4 cup of pineapple juice. Stir into the pineapple juice mixture in the saucepan. Bring the mixture to a boil. Cook for 1 minute, stirring constantly.

Stir in the pineapple, vinegar and mustard.

Serve the sauce warm. Garnish with fresh pineapple and kiwi, if desired.

Per Serving (excluding unknown items): 464 Calories; 1g Fat (1.7% calories from fat); 3g Protein; 117g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 132mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 5 1/2 Fruit; 0 Fat; 2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	464
% Calories from Fat:	1.7%
% Calories from Carbohydrates:	96.3%
% Calories from Protein:	2.1%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	117g
Dietary Fiber (g):	2g
Protein (g):	3g
Sodium (mg):	132mg
Potassium (mg):	767mg
Calcium (mg):	99mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	58mg
Vitamin A (i.u.):	111IU

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	85mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	5 1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	2

Vitamin A (r.e.):

11RE

Nutrition Facts

Amount Per Serving

Calories	464	Calories from Fat: 8
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% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	132mg	6%
Total Carbohydrates	117g	39%
Dietary Fiber	2g	10%
Protein	3g	

Vitamin A	2%
Vitamin C	97%
Calcium	10%
Iron	11%

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