

# Poppy Seed Fruit Sauce

*Easy Summer Entertaining (1991)*

*Kraft General Foods, Inc.*

## **Yield: 1 2/3 cups**

*1/2 cup Miracle Whip®  
1 container (8 ounce) lemon-flavored  
lowfat yogurt  
2 tablespoons skim milk  
1 tablespoon packed brown sugar  
1 tablespoon poppy seeds*

## **Preparation Time: 5 minutes**

In a bowl, mix together the Miracle Whip, yogurt, skim milk, brown sugar and poppy seeds until well blended.

Chill.

Serve over fresh fruit.

---

Per Serving (excluding unknown items): 670 Calories; 60g Fat (79.2% calories from fat); 3g Protein; 33g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 783mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 12 Fat; 2 Other Carbohydrates.

Sauces and Condiments

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	670
<b>% Calories from Fat:</b>	79.2%
<b>% Calories from Carbohydrates:</b>	19.3%
<b>% Calories from Protein:</b>	1.5%
<b>Total Fat (g):</b>	60g
<b>Saturated Fat (g):</b>	8g
<b>Monounsaturated Fat (g):</b>	1g
<b>Polyunsaturated Fat (g):</b>	3g
<b>Cholesterol (mg):</b>	40mg
<b>Carbohydrate (g):</b>	33g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	3g
<b>Sodium (mg):</b>	783mg
<b>Potassium (mg):</b>	160mg
<b>Calcium (mg):</b>	177mg

<b>Vitamin B6 (mg):</b>	trace
<b>Vitamin B12 (mcg):</b>	.1mcg
<b>Thiamin B1 (mg):</b>	.1mg
<b>Riboflavin B2 (mg):</b>	.1mg
<b>Folacin (mcg):</b>	2mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	n n%

## **Food Exchanges**

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0

Iron (mg): 1mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): trace  
 Vitamin A (i.u.): 62IU  
 Vitamin A (r.e.): 18 1/2RE

Fat: 12  
 Other Carbohydrates: 2

## Nutrition Facts

### Amount Per Serving

**Calories** 670      **Calories from Fat:** 530

### % Daily Values\*

<b>Total Fat</b>	60g	92%
Saturated Fat	8g	42%
<b>Cholesterol</b>	40mg	13%
<b>Sodium</b>	783mg	33%
<b>Total Carbohydrates</b>	33g	11%
Dietary Fiber	1g	4%
<b>Protein</b>	3g	
<b>Vitamin A</b>		1%
<b>Vitamin C</b>		1%
<b>Calcium</b>		18%
<b>Iron</b>		6%

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