

Port Wine Sauce

Southern Living - 1984 Annual Recipes

Yield: 1 1/4 cups

1/2 cup red currant jelly

1/2 cup port wine

1/4 cup catsup

1/2 teaspoon Worcestershire sauce

In a saucepan, combine the currant jelly, wine, catsup and Worcestershire sauce.

Cook over low heat, stirring until smooth.

Per Serving (excluding unknown items): 250 Calories; trace Fat (1.4% calories from fat); 1g Protein; 31g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 741mg Sodium. Exchanges: 1 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	250
% Calories from Fat:	1.4%
% Calories from Carbohydrates:	95.5%
% Calories from Protein:	3.1%
Total Fat (g):	trace
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	31g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	741mg
Potassium (mg):	423mg
Calcium (mg):	19mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	14mg
Vitamin A (i.u.):	612IU
Vitamin A (r.e.):	62RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	11mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	185
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories	250	Calories from Fat: 3
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	741mg	31%
Total Carbohydrates	31g	10%
Dietary Fiber	1g	3%
Protein	1g	

Vitamin A	12%
Vitamin C	23%
Calcium	2%
Iron	6%

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