

Raisin-Pineapple Sauce

Susan McEwen McIntosh

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Yield: 2/3 cup

3/4 cup unsweetened pineapple juice

1/2 cup raisins

1 tablespoon vinegar

dash Worcestershire sauce

1/8 teaspoon ground cloves

2 teaspoons cornstarch

2 tablespoons water

In a saucepan, combine the first 5 ingredients.

Bring to a boil. Cook until the raisins are plump.

Dissolve the cornstarch in the water and gradually add to the hot mixture. Cook until clear, stirring constantly.

Serve hot over ham slices.

Per Serving (excluding unknown items): 346 Calories; 1g Fat (1.3% calories from fat); 3g Protein; 89g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.

Sauces

Per Serving Nutritional Analysis

Calories (kcal):	346
% Calories from Fat:	1.3%
% Calories from Carbohydrates:	95.5%
% Calories from Protein:	3.2%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	89g
Dietary Fiber (g):	3g
Protein (g):	3g
Sodium (mg):	13mg
Potassium (mg):	814mg
Calcium (mg):	71mg

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	46mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Iron (mg): 2mg
Zinc (mg): trace
Vitamin C (mg): 23mg
Vitamin A (i.u.): 17IU
Vitamin A (r.e.): 2RE

Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	346	Calories from Fat: 4
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% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	13mg	1%
Total Carbohydrates	89g	30%
Dietary Fiber	3g	13%
Protein	3g	

Vitamin A	0%
Vitamin C	39%
Calcium	7%
Iron	12%

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