

Royal Cherry Sauce

Mrs. Earl L. Faulkenberry - Lancaster, SC
Southern Living -1986 Annual Recipes

Yield: 2 cups

1 can (16 ounce) pitted dark cherries
3 tablespoons brown sugar
2 tablespoons cornstarch
1/2 cup Sauterne wine (or other dry
white wine)
1 teaspoon lemon juice
2 teaspoons grated orange rind

Drain the cherries, reserving the liquid. Set the cherries aside.

In a saucepan, combine the sugar, cornstarch and reserved cherry liquid. Stir until smooth.

Add the wine, lemon juice and orange rind. Cook over medium heat, stirring occasionally, until the mixture thickens.

Stir in the cherries. Cook until thoroughly heated.

Serve the sauce hot with ham or cherry.

Per Serving (excluding unknown items): 168 Calories; trace Fat (0.1% calories from fat); trace Protein; 42g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 1 Grain(Starch); 0 Fruit; 1 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	168
% Calories from Fat:	0.1%
% Calories from Carbohydrates:	99.6%
% Calories from Protein:	0.3%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	42g

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

Food Exchanges

Dietary Fiber (g): trace
 Protein (g): trace
 Sodium (mg): 12mg
 Potassium (mg): 109mg
 Calcium (mg): 30mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 8mg
 Vitamin A (i.u.): 18IU
 Vitamin A (r.e.): 2RE

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

Nutrition Facts

Amount Per Serving

Calories 168 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	12mg	1%
Total Carbohydrates	42g	14%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	0%
Vitamin C	13%
Calcium	3%
Iron	3%

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