

Sherry Sauce

Rob Rickerby - Woodstock, GA
Southern Living - 1987 Annual Recipes

Yield: 1 cup

1 tablespoon cornstarch
2 tablespoons water
1/4 cup butter or margarine
1/2 cup sherry
1/4 cup chicken broth

Dissolve the cornstarch in water.

In a saucepan, melt the butter. Add the sherry, broth and cornstarch mixture to the saucepan.

Cook, stirring constantly, until the mixture boils.

For seafood.

Per Serving (excluding unknown items): 612 Calories; 46g Fat (84.6% calories from fat); 2g Protein; 17g Carbohydrate; trace Dietary Fiber; 124mg Cholesterol; 668mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 9 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	612
% Calories from Fat:	84.6%
% Calories from Carbohydrates:	13.8%
% Calories from Protein:	1.6%
Total Fat (g):	46g
Saturated Fat (g):	29g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	124mg
Carbohydrate (g):	17g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	668mg
Potassium (mg):	172mg
Calcium (mg):	27mg
Iron (mg):	1mg
Zinc (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	165
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	9
Other Carbohydrates:	0

Vitamin C (mg): 0mg
Vitamin A (i.u.): 1734IU
Vitamin A (r.e.): 429RE

Nutrition Facts

Amount Per Serving

Calories	612	Calories from Fat: 517
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% Daily Values*

Total Fat	46g	71%
Saturated Fat	29g	144%
Cholesterol	124mg	41%
Sodium	668mg	28%
Total Carbohydrates	17g	6%
Dietary Fiber	trace	0%
Protein	2g	

Vitamin A	35%
Vitamin C	0%
Calcium	3%
Iron	5%

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