

Sunshine Sauce

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

Yield: 1/2 cup

1/4 cup butter or margarine
1/4 cup pineapple juice
1 tablespoon Dijon mustard
1 tablespoon lemon juice
1/2 teaspoon ginger
pepper (to taste)

In a saucepan, melt the butter.

Stir in the pineapple juice, mustard, lemon juice, ginger and pepper.

For seafood.

Per Serving (excluding unknown items): 460 Calories; 47g Fat (88.9% calories from fat); 2g Protein; 12g Carbohydrate; 1g Dietary Fiber; 124mg Cholesterol; 657mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 9 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	460	Vitamin B6 (mg):	.1mg
% Calories from Fat:	88.9%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	9.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	47g	Folacin (mcg):	20mcg
Saturated Fat (g):	29g	Niacin (mg):	trace
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	124mg	% Refuse:	n n%
Carbohydrate (g):	12g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	657mg	Vegetable:	0
Potassium (mg):	149mg	Fruit:	1/2
Calcium (mg):	39mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	9 1/2
Zinc (mg):	trace	Other Carbohydrates:	0

Vitamin C (mg): 14mg
Vitamin A (i.u.): 1741IU
Vitamin A (r.e.): 430RE

Nutrition Facts

Amount Per Serving

Calories	460	Calories from Fat: 409
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% Daily Values*

Total Fat	47g	72%
Saturated Fat	29g	143%
Cholesterol	124mg	41%
Sodium	657mg	27%
Total Carbohydrates	12g	4%
Dietary Fiber	1g	3%
Protein	2g	

Vitamin A	35%
Vitamin C	23%
Calcium	4%
Iron	4%

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