

Sweet and Sour Sauce

*Mrs. James F Crowell
Southern Living - 1986 Annual Recipes*

Yield: 1 1/4 cups

1/3 cup sugar
1/3 cup cider vinegar
1/4 cup catsup
2 tablespoons soy sauce
2 tablespoons dry sherry
2 tablespoons cornstarch
1/2 cup pineapple juice

In a small saucepan, combine the sugar, vinegar, catsup, soy sauce and sherry.

In a bowl, dissolve the cornstarch in the pineapple juice. Add to the sugar mixture.

Bring the mixture to a boil. Cook for 1 minute or until thickened, stirring constantly.

Per Serving (excluding unknown items): 516 Calories; trace Fat (0.6% calories from fat); 3g Protein; 123g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2776mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 1 Fruit; 6 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	516
% Calories from Fat:	0.6%
% Calories from Carbohydrates:	96.9%
% Calories from Protein:	2.5%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	123g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	2776mg
Potassium (mg):	619mg
Calcium (mg):	47mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	43mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	34
% Refuse:	0.0%

Food Exchanges

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

Iron (mg): 2mg
 Zinc (mg): trace
 Vitamin C (mg): 23mg
 Vitamin A (i.u.): 616IU
 Vitamin A (r.e.): 62RE

Fat: 0
 Other Carbohydrates: 6

Nutrition Facts

Amount Per Serving

Calories 516 Calories from Fat: 3

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	2776mg	116%
Total Carbohydrates	123g	41%
Dietary Fiber	1g	5%
Protein	3g	

Vitamin A	12%
Vitamin C	38%
Calcium	5%
Iron	12%

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